HEALTHY HABITS



101 Wellness Principles For Dynamic Living



COMPILED BY DELBERT AND SUSAN BAKER

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This collection of 101 health facts, quotes, and insights, along with references, and bibliography was compiled by:
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This QuoteBook, *Healthy Habits for Dynamic Living*, is the sixth in a series especially prepared annually for Oakwood College graduates. Previous titles include: *Thoughts For The Journey*, *The Satisfaction of Service*, *The Success Workbook*, *The Coping Workbook*, and *The Help-Yourself ListBook*. Each of the graduate QuoteBooks can be found at the Oakwood College website: www.oakwood.edu/goldmine/QuoteBooks.

DEDICATION TO:

Oakwood College Alumni and Graduates
in Healthcare Professions Who Are Touching
the Lives of thousands;

Oakwood College students who are
diligently studying and preparing to serve in
Healthcare Professions;

Oakwood Employees who teach, promote,
and model the priceless health and
wellness principles.

LETTER TO GRADUATES

Greetings. Congratulations for having completed a major educational and professional milestone. Here is the sixth graduate gift QuoteBook–*Healthy Habits for Dynamic Living*, compiled for your inspiration and enrichment.

To date we have covered the subjects of life, service, success, coping, and self-improvement (see the Oakwood College website for past QuoteBooks). Now we are tackling one of the most important of all–the subject of health and wellness. Our bodies are the means through which we develop character that will prepare us for eternity. *BodyCare* has everything to do with *SoulCare*.

This book follows the well known NEW START acrostic (Nutrition, Exercise, Water, Sunlight, Temperance, Air, Rest, Trust) with the inclusion of two additional sections on Emotional Intelligence and Skills for Life–thus the NE^2W S^2TART adapted acrostic. The ten sections and 101 principles are packed with vital information on health, wellness, and prevention.

Of course, all information in this book should be subjected to the counsel of your physician and common sense. If you find the information particularly interesting, you are encouraged to refer to the bibliography for more information. You will notice that the bibliography has additional references beyond those referred to in the text that you will find of interest. With knowledge and practical application, you will notice dramatic results in the areas of your personal health.

Remember our institutional motto: Enter to Learn. Depart to Serve. May the God of health and wellness be with you as you diligently pursue our aim of *Education*, *Excellence*, *Eternity*.

Very sincerely,

President and Mrs. Delbert W. Baker
May 2004

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CHAPTER ONE

NUTRITION

The optimal nutritional plan emphasizes whole, natural foods with minimal animal products. It is naturally high in fiber, low in fat, and high in food-based vitamins and minerals.

EIGHT SUPERSTAR FOODS

1. Soy	Lowers high cholesterol levels, provides calcium and protein
2. Garlic	Lowers risk of stomach cancer and breast cancer; fights bacteria
3. Broccoli/Cabbage	Protect against a wide range of cancers; high in fiber
4. Tomatoes	Reduce risk for prostate and digestive tract cancers and heart disease; high in antioxidants
5. Spinach	Source of fiber, folic acid, and vitamins A, C, and B; high in iron
6. Blueberries	Rich in vitamin C, fiber, and antioxidants; fight urinary tract infection
7. Nuts	Packed with vitamin E and magnesium; high in fat, but the good type
8. Oats	High in fiber, help lower blood pressure and cholesterol

- TIME A-Z HEALTH GUIDE

Some do not exercise control over their appetites, but indulge taste at the expense of health. As a result, the brain is clouded, their thoughts are sluggish, and they fail to accomplish what they might if they were self-denying and abstemious. These rob God of the physical and mental strength which might be devoted to His service if temperance were observed in all things.

– Ellen G. White

If you are willing and obedient, you will eat the bread from the land

– Isaiah 1:19 (NIV)

FUNNY?

In the beginning, God created the Heavens and the Earth and populated the Earth with broccoli and cauliflower and spinach and green and yellow and red vegetables of all kinds, so Man and Woman would live long and healthy lives.

Then, using God's great gifts, Satan created Ben and Jerry's and Krispy Creme Donuts. And Satan said, "You want chocolate with that?" And man said, "Yeah!" And Woman said, "And another one with sprinkles." And they gained 20 pounds.

And Satan brought forth white flour from the wheat, and sugar from the cane, and combined them. And Woman's size went up.

So God said, "Try My fresh green salad."

And Satan presented Thousand Island Dressing and garlic toast on the side. And Man and Woman unfastened their belts following the repast.

Then God said, "I have sent you heart-healthy vegetables and olive oil in which to cook them."

And Satan brought forth deep-fried fish, and chicken-fried steak so big it needed its own platter. And Man gained more weight and his cholesterol went through the roof.

God then brought forth running shoes so that His children might lose those extra pounds.

And Satan gave cable TV with a remote control so that Man would not have to toil changing the channels. And Man and Woman laughed and cried before the flickering light and gained pounds.

Then God brought forth the potato, naturally low in fat and brimming with nutrition.

And Satan peeled off the healthful skin and sliced the starchy center into chips and deep-fried them. And Man gained pounds.

Then God gave clean meats so that Man might consume fewer calories and still satisfy his appetite.

And Satan created McDonald's with its 99-cent double cheeseburger. Then Satan said, "You want fries with that?" And Man replied, "Yeah, and Super size'em!" And Satan said, "It is good." And Man went into cardiac arrest.

God sighed and created quadruple bypass surgery.

Then Satan created HMOs.

– CONTRIBUTED BY FLORE HAMILTON

A NUTRITIOUS BREAKFAST

- Supplies energy when you need it most
- Prevents irritability and fatigue
- Provides up to 1/2 of the day's total nutrition
- Controls weight by preventing mid-morning hunger
- Stops the urge to snack
- Stabilizes blood sugar levels
- Improves efficiency and safety
- Promotes better attitude and scholastic achievement

I used to think I was too busy to eat breakfast, but breakfast is a significant meal. It helps to regulate you so you will eat at the proper times throughout the day.

– T. D. JAKES

Eat at a proper time–for strength
and not for drunkenness.

– Ecclesiastes 10:17 (NIV)

6 BASIC NUTRIENT GROUPS:

1. Water
2. Vitamins
3. Minerals
4. Proteins
5. Carbohydrates
6. Fats

The energy the body needs to function comes from the foods eaten every day. Each nutrient plays its own distinct role. Water, vitamins and minerals maintain a homeostatic balance while proteins, carbohydrates and fats are transformed into fuel for the body.

– GAYLE REICHLER

Study to shew thyself approved unto God

– 2 Timothy 2:15

BIOLOGICAL PERSPECTIVE

Equipment	Carnivores (Meat Eaters)	Herbivores (Plant Eaters)
Stomach	Lots of hydrochloric acid to digest flesh	Adequate hydrochloric acid to digest plants, nuts, grains
Ability to Handle Fats/ Cholesterol	Unlimited capacity	Limited capacity
Teeth	No molars to grind food, incisors to tear food	Molars to grind food, some incisors to tear food
Intestinal Tract	Short enough to remove decaying flesh quickly to avoid poisoning system	Not long enough to remove flesh quickly enough to prevent decay
Kidneys	Efficient to remove the large amounts of poisonous urea and uric acid that are found in meat	Large amounts of poisonous urea and uric acid become crystallized when they are stored

– The Divine Prescription and Science of Health and Healing

Meat-centered diets have been linked with heart disease, cancer and stroke. The average risk of heart disease for a man eating meat, eggs and dairy products is 45 percent. The risk for a man who leaves off meat is 15 percent.

– Ludington and Diehl

I give you every seed bearing plant on the face of all the whole earth, and every tree that has fruit with seed in it. They will be yours for food.

– Genesis 1:29 (NIV)

TYPES OF VEGETARIANS

1. Vegans	Eat no meat, dairy, eggs or other animal products.
2. Ovo-Vegetarians	Eat vegetables plus eggs
3. Lacto-Vegetarians	Eat vegetables and dairy products but not eggs
4. Ovo-lacto Vegetarians	Eat vegetables, eggs, and dairy
5. Pesco-Vegetarians	Eat fish, vegetables, eggs, and dairy
6. Pollo-Vegetarians	Eat chicken, vegetables, eggs, and dairy

– TIME A-Z HEALTH GUIDE

Vegetarians are no longer viewed as food fanatics and counterculture oddballs. Studies confirm that most live longer, healthier lives, and they leave a softer footprint on the earth. Making the transition to a meat-free diet can be a challenging adventure, leading to a new level of good health and well-being.

– Ludington and Diehl

Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food.

– Daniel 1:12 (NIV)

16 FALLACIES ABOUT LOSING WEIGHT

1. I have a bad metabolism.
2. I have bad genes.
3. I have a thyroid problem.
4. I am eating fat-free or low-fat.
5. I just can't lose weight.
6. I'm fat but fit.
7. My body has plateaued.
8. My body wants to be this weight.
9. I'm young, I can do what I want.
10. I'm big-boned.
11. I'm too muscular.
12. I don't eat.
13. The scale doesn't matter.
14. I diet five days out of every week and never lose weight.
15. I am having a bad day, so what the heck.
16. "It's either the face or the hips."

– The Business Plan for the Body

Weight sits like a spider at the center of an intricate, tangled web of health and disease. Three related aspects of weight–how much you weigh in relation to your height, your waist size, and how much weight you gain after your early twenties–strongly influence your chances of having a heart attack, stroke, hypertension, arthritis, diabetes and/or cancer.

– Walter Willett

He who gets wisdom loves his own soul; he who cherishes understanding prospers.

– Proverbs 19:8 (NIV)

Body Mass Index (BMI)

The BMI is the preferred guideline for weight and is based on the ratio between height and weight. The index takes into consideration the proportion of fat to muscle and is used for men and women of all races.

To find your BMI:

Visit one of these websites

www.nhlbisupport.com/bmi/
www.cdc.gov/nccdphp/dnpa/bmi
www.consumerfreedom.com/game_fatchart.cfm

Interpreting your BMI

Healthy BMI considered	between 20 and 25
Overweight is a BMI of	25 or higher
Obesity is considered	30 or higher

Health risks start to climb around 26 and up

It's not about what you tried to do, it's about the results. Life is a full contact sport, and there's a score up on the board.

– Dr. Phil

We are God's creation to do good works,
created in Christ Jesus to do good works,
which God prepared in advance
for us to do.

– Ephesians 2:10 (NIV)

POPULAR DIET PLANS

Low Fat

Theory: Calories from fat, particularly, saturated fat, are the enemy. Plant-based foods are emphasized.

Pros and Cons: Extreme-low-fat diets can actually reverse heart disease, without additional medication. But devotees don't always distinguish between good fats, found in fish and vegetables, and bad fats, like those found in butter.

Examples: Ornish, Pritikin

Low Carb

Theory: The number and type of carbohydrates are limited so that the body's glucose and insulin levels can be manipulated to make weight loss easier. Allows a lot of high protein food to be eaten.

Pros and Cons: The taste buds enjoy rich food, even as the absence of carbs helps you lose weight. But one study linked low-carb, high-protein diets with kidney stones.

Examples: Atkins, Sugar-Busters

Low Cal

Theory: Eat fewer calories than your body burns, and you are bound to shed some weight. For best results, increase your level of exercise.

Pros and Cons: No dietary supplements are required to maintain a balanced diet. But you do have to count something, be it calories, points or portion sizes.

Examples: Weight Watcher, Jenny Craig

– TIME A-Z HEALTH GUIDE

The Best Way to Lose

Weight loss should be gradual, resulting from realistic changes in the way you eat rather than short but intense bursts of deprivation. A diet that works is a diet you can live with over the long term. That's the only way to ensure that the weight you lose stays lost.

- *Overweight among children has become an epidemic in the United States.*
- *60% of American adults are considered overweight .*
- *Obesity results in 300,000 deaths in the U.S. each year.*
- *Being overweight may soon overtake tobacco as the chief cause of preventable death, according to the U.S. Surgeon General.*

– Everything is Bad For You

Test everything. Hold on to the good.
Avoid every kind of evil.

– 1 Thessalonians 5:21-22 (NIV)

My Action Response:

SUGAR BY ANY OTHER NAME . . .

Since manufacturers know consumers may try to avoid sugar, they often list it on the ingredients label by another name. Here are some of the aliases sugar goes by:

- brown sugar
- corn sweetener
- corn syrup
- fructose
- fruit juice concentrate
- glucose
- dextrose
- high-fructose corn syrup
- honey
- invert sugar
- lactose
- maltose
- molasses
- raw sugar
- sucrose
- syrup

– K-I-S-S Guide to Weight Loss

Americans consume an average of 133 pounds of sugars and sweetners per year for each man, woman, and child. That's nearly three-fourths of a cup a day Most of the sugar we consume is hidden in the foods we eat.

– Aileen Ludington

Pleasant words are a honeycomb, sweet to the soul and healing to the bones.

– Proverbs 16:24 (NIV)

Quotables

Never eat anything at one sitting
that you can't lift.

– Miss Piggy

CHAPTER TWO

EXERCISE

Human bodies are designed to be physically active. Regular exercise combats many health problems, both physical and mental.

BENEFITS OF EXERCISE

- Normalizes blood pressure
- Increases bone density
- Lowers cholesterol and burns fat
- Increases energy
- Improves sleep and memory
- Strengthens immune system
- Helps control depression
- Increases muscle tone and strength
- Reduces stress
- Improves heart functioning

Because modern lifestyles do not require much physical movement, few adults in America are naturally fit Rather, achieving fitness requires a commitment of time and energy.

– Gordon Edlin

Bless the Lord, O my soul, and forget not all His benefits–Who forgives all your sins and heals all your diseases.

– Psalm 103:2,3 (NIV)

TYPES OF EXERCISE

The key to receiving the benefits of exercise is to regularly engage in any activity that makes you sweat and increases your heart rate. There are many forms of exercise, but they all fall under two general categories:

1. **Cardiovascular/Aerobic Exercise**
 Physical activity that increases oxygen supply to muscles and improves the fitness of the heart and circulatory system. Examples are brisk walking, jogging, cross-country skiing, swimming, kick-boxing, etc.
2. **Strength Training/Anaerobic Exercise**
 Physical activity that is fueled by stored energy and improves muscular strength and tone. Examples are weight-lifting, resistance exercises, etc.

Fitness recommendation:

- Cardiovascular exercise for 30 to 40 minutes three times a week.
- Alternate with strength training for 30 to 40 minutes three times a week.

Exercise is about as close to a "magic bullet" for health as we can get. Research has found that people who engage in moderate exercise (a 30-to-60 minute brisk walk daily) have less risk of dying from heart disease, cancer and various other diseases than people who are inactive.

– SUSAN M. BAKER

I pray that you may enjoy good health and that all may go well with you.

– III John 2

EXERCISE SELF-TEST I

Take this quick test to discover how exercise fits your schedule/lifestyle.

1. I have the most energy:
- a) in the morning
- b) in the middle of the day
- c) in the evening or at night
- d) my energy level fluctuates

2. I have the most time:
- a) in the morning
- b) in the middle of the day
- c) in the evening
- d) depends on the day

3. I'm most likely to:
- a) go to bed early and get up early
- b) go to bed and get up at the same time every day, but not particularly early or late
- c) go to bed late and get up late
- d) depends on the day

Interpreting Your Score:

Mostly A's: *Morning Dove*

You like to get chores out of the way as soon as you get up because that's when you have the most energy. Whether you go to the gym before you start your day or you head outside for a dawn walk, you'll have an extra edge over those who hit the snooze button a few more times.

Mostly B's: *Midday Duck*

You'd rather plop down on an exercise bike than in front of a sandwich when noon rolls around. Fine. Whether you're at home or work, exercise is a great way to break up your day.

Mostly C's: *Night Owl*

You haven't seen a sunrise in 5 to 10 years. If you have more energy at night, exercise then. Just don't do it too close to bedtime, or you may have trouble sleeping.

Mostly D's or an Even Mixture of Letters: *Flexible Bird*

The best time of day for you to exercise varies with your schedule. Just go with it.

– Fit Not Fat at 40-Plus

You have to stay in shape.
My grandmother, she started walking five miles a day when she was sixty. She is ninety-seven today and we don't know where . . . she is."

– Ellen Degeneres

If you have raced with men on foot and they have worn you out, how can you compete with horses?

– Jeremiah 12:5 (NIV)

My Action Response:

EXERCISE SELF-TEST II

Take this simple test to assess your workout style and goals:

1. **My primary exercise goal is:**
 a) to lose weight/tone up
 b) to relax and/or relieve stress
 c) to have fun
 d) depends on how I feel
2. **I prefer:**
 a) a lot of structure in my workout
 b) some structure, but not too much
 c) no structure
 d) depends on my mood
3. **I prefer to exercise:**
 a) alone
 b) with one other person
 c) in a group
 d) depends on my mood

Interpreting Your Score:

MOSTLY A'S: ***Gung-Ho Exerciser.*** You exercise to tone up, period. No messing around. You'll benefit most from doing a specific activity, such as cycling, aerobics, using elliptical machines, treadmills, stairclimbers, etc,. at a moderate intensity. For optimal weight loss, perform 30 minutes of aerobic- based exercise daily, and combine this with three sessions of weight training a week.

MOSTLY B'S: ***Leisurely Exerciser.*** Your main exercise objectives are to relax and de-stress. To relax, try yoga. Also, studies have shown a direct relationship between physical activity and stress reduction. Hop on the treadmill, or head outside and walk for 5 minutes, run slowly for 30 seconds, then run fast for 30 seconds, repeating this sequence for about 30 minutes.

MOSTLY C'S: ***Fun-Loving Exerciser.*** Fifty straight minutes on the treadmill is not your bag. Grab your inline skates, and circle the neighborhood. Put on your favorite music CD, and dance around the living room. Make your weight routine more amusing by doing circuit weight training (moving from one exercise to the next with minimal rest).

MOSTLY D'S: ***Flexible Exerciser.*** Exercise turns you on, but routine doesn't. You'd rather fly by the seat of your pants, which is fine. To add variety, use the elliptical machine one day, the treadmill the next, and the cross-country skiing machine the next.

– FIT NOT FAT AT 40-PLUS

There is no exercise that can take the place of walking. It is one of the simplest, natural, stressless forms of exercises, has low risk for injury, does not require expensive, fancy equipment, and can be done basically anywhere, whatever your fitness level.

– Susan M. Baker

Whoever claims to live in Him
must walk as Jesus did.

– 1 John 2:6 (NIV)

My Action Response:

BEGINNING EXERCISERS

A sample 8-week exercise program for beginning exercisers:

Week One Goal
2 days of brisk walking or other aerobic activity,
20 minutes each;
1 weight training session

Week Two Goal
3 days of brisk walking, or other aerobic activity,
20 to 30 minutes each; 2 weight training sessions

Week Three Goal
4 days of brisk walking, or other aerobic activity,
30 minutes each;
2 weight training sessions

Week Four Goal
4 days of brisk walking, or other aerobic activity,
30 minutes each;
3 weight training sessions

Week Five Goal
5 days of brisk walking, or other aerobic activity,
30 minutes each;
3 weight training sessions

Week Six Goal
5 days of brisk walking, or other aerobic activity,
30 to 45 minutes each;
3 weight training sessions

Week Seven Goal
6 days of brisk walking, or other aerobic activity,
30 to 45 minutes each;
3 weight training sessions

Week Eight Goal
6 days of brisk walking, or other aerobic activity,
45 to 60 minutes each;
3 weight training sessions

– The Ultimate Weight Solution

Whenever I get the urge to exercise,
I lie down until it passes.

– GEORGE BURNS

. . . they will run and not be weary, they will walk and not be faint.

– Isaiah 40:31(NIV)

My Action Response:

F.I.T. EXERCISE

Some people make exercising too complicated. Forget them.

For exercise to be effective, follow F.I.T.

F requency: exercise 3 to 4 times per week

I ntensity: exercise moderately to maximally, enough to raise your pulse to target heart rate (THR) range (see next Healthy Habit)

T ime: 30 to 40 minutes at THR

The problem is one of priorities. Exercise must have top priority. . . . The excuse of not being able to find the time is a cop-out. We find time to sleep because it is mandatory. So is exercise.

– NATHAN PRITIKIN

The Lord God took the man and put him in
the Garden of Eden to work it
and take care of it.

– Genesis 2:15 (NIV)

TARGET HEART RATE

To receive maximal exercise benefit, exercise hard enough to get your pulse within your Target Heart Rate range.

You can calculate your THR by using the formula, 220 minus age, multiplied by .60 and by .80.

Or you can use this table to easily get your THR.

Procedure: take your pulse for 15 seconds immediately after exercising, and multiply by four. If your heart rate is in the target range, you have obtained optimal training benefits. If you are below this target range, you need to step up your activity. If you are above the maximum, you need to take it easier during your workout and gradually increase intensity.

Age (in years)	*Predicted maximum heart rate (in beats per minute)*	*Target heart rate range (in beats per minute)*
20-24	200	149-174
25-29	200	129-174
30-34	194	145-170
35-39	188	142-165
40-44	182	138-160
45-49	176	134-155
50-54	171	131-151
55-59	165	128-146
60-64	159	124-142
60 +	153	121-137

The most important thing is to get your body moving enough to raise your pulse a bit above the resting level.

– Julian Whitaker

But let a man examine himself

– Corinthians 11:28

My Action Response:

TIME FOR CHANGE

Signs it's time to change your exercise routine:

1. You skip your workouts to bathe the dog.
2. You own one exercise outfit, but you only need to wash it every 2 weeks.
3. Your hair looks as good at the end of your workout as it did before you started.
4. The last time you changed your routine was during the Bush administration–the first one.
5. You still exercise to Olivia Newton-John's "Physical."
6. Of the 24 machines at your gym, 23 of them are a complete mystery to you.
7. The instructor on your favorite exercise video now lags behind you.
8. You think crunches are the funny noises your knees make.
9. You've broken the snooze button on the alarm you set for early morning workouts.
10. You think Pilates is a new restaurant in New York City.

– Looking After Your Body

Things which matter most must never be at the mercy of things which matter least.

– Johann Wolfgang von Goethe

Learn to do good; seek justice, rebuke the oppressor; defend the fatherless, plead for the widow.

– Isaiah 1:17 (NJKV)

FAT AND FIT?*

Although a person will be much healthier if they maintain a healthy weight, new studies suggest that people who are overweight can be fit if they exercise regularly. The strength of the heart (which is developed through exercise) may be more important than the size of the thighs.

– WALKING MAGAZINE

* The authors prefer use of the term *obese*.

Even if you're on the right track, you'll get run over if you just sit there.

– Will Rogers

For physical training is of some value, but godliness has value for all things

– I Timothy 4:8 (NIV)

SMART FLYING

- Get up and move around the cabin every hour
- Massage feet and legs every hour
- Drink water while on board
- Take an aspirin before the flight (aspirin thins blood)

Do not take aspirin without consulting your doctor if you have a blood disorder or are taking anti-coagulant drugs.

Sitting around for a long period of time can affect the circulatory system and cause potentially dangerous blood clots. Taking an airplane ride almost invariably puts people in this situation. The result? People collapse and die after flights due to blood clots.

– David Niven

When you walk, your steps will not be hampered; when you run, you will not stumble.

– Proverbs 4:12 (NIV)

FAT CELLS ARE IMMORTAL

Did you know that a person whose weight is normal has around 30 billion fat cells? People who are overweight might have as many as 100 billion fat cells, and a severely obese person could host as many as 270 billion!

When you lose weight, the amount of fat stored in the cells is reduced, but the cells themselves stay there, waiting for more storable fat to come along. They do collapse a little, but there's no escaping the fact that they're still there.

Alas, losing weight won't get rid of fat cells, but gaining weight will actually cause your body to make more. That's because each cell can hold only so much fat. If all the existing fat cells are filled to capacity, your body will simply manufacture new ones to cope with the excess.

CHAPTER THREE

EMOTIONAL INTELLIGENCE

Emotional intelligence (EI) is the ability to accurately identify and understand one's own emotional reactions and those of others. It also includes the ability to regulate one's emotions and to use them to make good decisions and act effectively. EI provides the bedrock for many competencies that are critical for effective performance in the workplace.

RECOGNIZING EMOTIONS

Research now bears out that emotional intelligence (EI) or emotional quotient (EQ) is often more important in determining job success and progress than intelligence quotient (IQ). Daniel Goleman is a psychologist and professor at Rutgers University and renown authority on the subject of emotional intelligence. He defines EI as the capacity for recognizing our own feelings and those of others, for motivating ourselves, and for managing emotions well in ourselves and in relationships.

To be happy, productive and successful in life, one must become emotionally intelligent and live in an emotionally intelligent manner.

– Delbert W. Baker

Start with God— the first step in learning is bowing down to God; only fools thumb their noses at such widsom and learning.

– Proverbs 1:7 (TMB)

EI CATEGORIES AND COMPETENCIES

The subject of emotional intelligence is one of the most important that a 21st century professional can be exposed to. Regardless of one's religious persuasion, EI is a key to health, happiness, and positive relations with others.

A Christian professional is especially challenged to master the principles of EI because they are central to fulfilling the challenge to love others and to treat them with the utmost respect and dignity.

The following list provides an overview of the categories and competencies of EI from the writings of Daniel Goleman, an authority in the area of EI. *Added to the list is a helpful addition of Bible characters who modeled the best (Positive–P) and worst (Negative–N) of EI characteristics.*

PERSONAL COMPETENCE: Self-awareness and Self-management are two EI categories of personal competence that determine how we manage ourselves. There are nine (9) competencies in these two categories.

I. Self-Awareness: Recognizing our emotions and their effects. Prime examples are David (P)–1 Samuel 16-1 Kings 2 and Nabal (N)–1 Samuel 25. You should know three competencies in this category.

1. Emotional Self-awareness: Reading one's emotions and recognizing their impact; using "gut sense" to guide decisions.

Jeremiah (P)–Book of Jeremiah
Absalom (N)–2 Samuel 3:3; 13-19

2. Accurate Self-assessment: Knowing one's strengths and limits

Deborah (P)–Judges 4-5
Samson (N)–Acts 5:1-11

3. Self-confidence: A sound sense of one's self-worth and capabilities

Apostle Paul (P)–Acts 7:58-28:31
Ahab (N)–1 Kings 16:28-22:40

II. Self-Management: Knowing our strengths, gifts, talents, and limits. Prime examples are Joseph (P)–Genesis 30-50 and Judas (N)–Four Gospels. You should know six competencies in this category.

4. Emotional Self-control: Keeping disruptive emotions and impulses under control

Job (P)–Book of Job
Cain (N)–Genesis 4:1-17

5. Transparency: Displaying honesty and integrity; trust worthiness

Samuel (P)–1 Samuel 1-28
Ananias (N)–Acts 5:1-11

6. Adaptability: Flexibility in adapting to changing situations or overcoming obstacles.

Simon of Cyrene (P)–Mark 15:21-24
Thief on Cross (N)–Luke 23:32-43

7. Achievement: The drive to improve performance to meet inner standards of excellence

Solomon (P)–2 Samuel 12:24-1 Kings 11:43
Esau (N)–Genesis 25-36

8. Initiative: Readiness to act and seize opportunities

Noah (P)–Genesis 5:29-10:32
Lot (N)–Genesis 19

9. Optimism: Seeing the upside in events

Caleb (P)–Numbers 13-14; Joshua 14-15
Korah (N)–Numbers 16:1-40

SOCIAL COMPETENCE: Social awareness and Relationship Management are two EI categories of social competence that determine how we manage relationships. There are ten competencies in these two categories.

III. Social-Awareness: A strong sense of our self-worth and capabilities. Prime examples are Daniel (P)–Book of Daniel and Saul (P)–1 Samuel 9-31. You should know three competencies in this category.

10. Empathy: Sensing others' emotions, understanding their perspective, and taking active interest in their concerns.

Barnabus (P)–Acts 4:36-37; 9:27
Haman (N)–Book of Esther

11. Organizational Awareness: Reading the currents, decision networks, and politics at the organizational level

Jethro (P)–Exodus 18
Rehoboam (N)–1 Kings 12:1-17

12. Service: Recognizing and meeting follower, client, or customer needs

Dorcas (P)–Acts 9:36-42
Caiphas (N)–Matthew 26:57-67

IV. Relationship Management: A persuasive manner of understanding, managing, and colloborating with others. Prime examples are Nehemiah (P)–Book of Nehemiah and Herod Agrippa (N)–Acts 12:1-23. You should know six competencies in this category.

13. Inspirational Leadership: Guiding and motivating with a compelling vision

Joshua (P)–Book of Joshua
Eli (N)–1 Samuel 1-4

14. Influence: Welding a range of tactics for persuasion

Esther (P)– Book of Esther
Judas (N)–Four Gospels

15. Developing Others: Bolstering others' abilities through feedback and guidance

Moses (P)–Exodus through Deuteronomy
Pharaoh (N)–Exodus 1-15

16. Change Catalyst: Initiating, managing, and leading in a new direction

Abraham (P)–Genesis 11-25
Jehoshaphat (N)–1 Kings 15:24-22:50

17. Conflict Management: Resolving disagreements

Abigail (P)–1 Samuel 25–2 Samuel 2
Sanballat (N)–Nehemiah 4

18. Building Bonds: Cultivating and maintaining a web of relationships

John the Beloved (P)–John and Revelation
Shimei (N)–2 Samuel 16:5-14

19. Teamwork and Collaboration: Cooperation and team building

Jonathan (P)–1 Samuel 13-31
Achan (N)–Joshua 7

The categories and competencies are taken from *Primal Leadership* by Daniel Goleman and the Bible character models for the various categories and competencies are supplied by Delbert Baker.

Emotional intelligence works and is at the heart of true Christianity with at least eight benefits. It improves relations, maintains self-control, lowers stress levels, keeps you motivated, causes better communication, resolves conflict, enhances your influence, and facilitates continuous self-improvement.

– Delbert W. Baker

These things happened to them as examples and were written down as warnings for us, on whom the fulfillment of the ages has come.

– 1 Corinthians 10:11 (NIV)

TEN REQUIREMENTS FOR EI DEVELOPMENT

Beginning Actions

1. Commit the categories and competencies to memory.
2. Make emotional wellness a "must priority" in your life.
3. Create a consistent supporting spiritual formation platform that includes EI in loving actions to others.
4. Build EI awareness in your life by identifying desired EI competencies that you desire.
5. Look, listen, and live with empathy, with the intention to act with EI at all times.

Change Strategy

6. Discover the ideal self or EI person you would like to be.
7. Assess what you are really like at this present time.
8. Set up an agenda for change based on the ideal and actual.
9. Consciously practice the new skills you have identified to be like what you desire.
10. Enlist the support of others to succeed in the desired EI areas.

– Delbert W. Baker

The decline in virtue–defined as control of passions and emotions, and directing them . . . for the common good rather than self-interest–has caused the destruction of peace in individuals, families, communities, countries and the whole world.

– World Health Organization

How wonderful it is, how pleasant,
when brothers live in harmony!

– Psalm 133:1 (LAB)

HEALTHY HABIT #24: Understand That Emotions Affect the Body

MEDICAL REALITIES

• The mind and body are linked. How you feel emotionally can determine how you feel physically.

• Certain emotions release hormones into the physical body that, in turn, can trigger the development of a host of diseases.

• Researchers have directly and scientifically linked emotions to hypertension, cardiovascular disease, and diseases related to the immune system. Studies have also highly correlated emotions with infections, allergies, and autoimmune diseases.

• Specifically, research has linked emotions such as depression to an increased risk of developing cancer and heart disease. Emotions such as anxiety and fear have shown a direct tie to heart palpitations, mitral valve prolapse, irritable bowel syndrome, and tension headaches, as well as other diseases.

– DEADLY EMOTIONS

"'Dis-ease' is emotional and spiritual discomfort. It is disharmony of the soul. It is often related to plaguing doubts, painful memories, hurtful stress, unforgiven sins toward others, and unforgiven sins. . . . Not all dis-ease is caused by dis-ease of the soul and spirit, but a good percentage of it is. We need to recognize this truth so we can deal with the emotions that damage us–and in some cases, destroy us–as human beings. . . . Dis-ease seems to produce disease in the body."

– Bill Bright

And because iniquity shall abound, the love of many shall wax cold. But he that shall endure unto the end, the same shall be saved.

– Matthew 24:12-13

HEALTHY HABIT #25: Practice Like-able Behavior—
Avoid Unlike-able behavior

AREAS PEOPLE LIKE AND DON'T LIKE . . .

I like people who . . .

- Pay attention to my opinions and ideas
- Talk to me on my level
- Show me respect
- Tell the truth
- Make an effort to connect with me
- Have a sense of humor

I dislike people who . . .

- Are disingenuous and manipulative
- Can't see past their own noses
- Pretend to be something they are not
- "One-up" and always shift the conversation back to themselves
- Use candor at the expense of others
- Are overly serious about everything

– Selling with Emotional Intelligence

ARROW Approach to Getting Along

A Awareness to the needs of others
R Restraint on your own emotionality and self-centeredness
R Resilience in the face of opposition, rejection, and animosity
O Others (empathy) and their needs are always in your focus
W Working with others and building rapport with principle becomes a life-long objective

– Mitch Anthony

Pleasant words are a honeycomb, sweet to the soul and healing to the bones.

– Proverbs 16:24 (NIV)

SERVANT LEADERSHIP, EI AND YOU

Studies have found that if you're constantly bent out of shape over petty, everyday problems, you may be as much as five times more likely to develop heart disease than those who are more laid back. You're also more likely to develop cancer, high cholesterol, and high blood pressure; and as much as seven times more likely to die prematurely from any cause.

– Looking After Your Body

Fear less, hope more;
Eat less, chew more;
Whine less, breathe more;
Hate less, love more;
And all good things are yours.

– Swedish Proverb

Better a patient man than a warrior, a man
who controls his temper than one
who takes a city.

– Proverbs 16:32 (NIV)

FOUR KEYS TO SUCCESSFUL EI LEADERSHIP

DISPLAY SENSITIVITY: He who seeks to transform humanity must himself understand humanity. Only through sympathy, faith, and love can men be reached and uplifted. Here Christ stands revealed as the Master Teacher; of all that ever dwelt on the earth, He alone has perfect understanding of the human soul.

REPRESENT JESUS: It would be well if those occupying positions of trust in our institutions would remember that they are to be representatives of Jesus. True goodness, holiness, love, compassion for tempted souls must be revealed in their lives.

SOFT SKILLS: You need the kindness, courtesy, meekness, and lowliness of Christ. You have many valuable qualifications that can be perfected for highest service if sanctified to God. You should feel the necessity of approaching your brethren with kindness and courtesy, not with harshness and severity.

CONSTANT LEARNERS: Instead of considering it their duty to order and dictate and command, they should realize that they are to be learners themselves. . . . Position never will give holiness and excellence of character.

– Ellen G. White

You are in charge of your state of being. You have learned to be exactly the way you are and you have the remarkable human capability to learn to be another way. Choosing ways of thinking, feeling, and doing which contribute to your health pleasures rather than your health problems is the nitty-gritty of being well.

– Ronald J. Pion

The heart of the wise teacheth his mouth,
and addeth learning to his lips.

– Proverbs 16:23

TEN THINGS PEOPLE NEED

People Needs	**Desired Response**
1. Communication	Say what you mean, listen with attention
2. Community	Responsibility, love to family, neighbors, state, country
3. Intimacy	Knowing and letting yourself be known
4. Laughter	Puts life into perspective by lightening up
5. Love	Genuine need to give and get; integral to being human
6. Passion	Natural urge, enthusiasm, vitality, compassion
7. Sharing	Value of common experiences gives courage/strength
8. Support	Encouragement and positive reinforcement
9. Touch	Appropriate physical contact with other humans vital to life
10. Trust	Ability to be vulnerable to reveal hopes and fears

– The Complete Idiot's Guide to Breaking Bad Habits

I don't know what your destiny will be, but one thing I do know: The only ones among you who will be truly happy are those who have sought and found how to serve.

– Albert Schweitzer

The fear of the Lord teaches a man wisdom, and humility comes before honor.

– Proverbs 15:33 (NIV)

BIBLICAL RELEVANCE FOR EI

What is the biblical connection to EI? John 13:35*

All men will know that you are My disciples if you love one another.

Why is love in the context of EI so important to a Christian? Matthew 22:36-39

"Teacher, which is the greatest commandment in the Law?" Jesus replied: "'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the sec ond is like it: 'Love your neighbor as yourself.'"

How does a person increase the love/EI capacity?

1. I Thessalonians 3:12

May the Lord make your love increase and overflow for each other and for everyone else, just as ours does for you.

2. Phillippians 4:8

Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable–if anything is excellent or praise worthy–think about such things.

What happens if a person doesn't or does have respect and love for others?

1. When there is no respect and love: Galatians 5:19-21
The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

2. When there is respect and love: Galatians 5:12-26
But the fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit. Let us not become conceited, provoking and envying each other.

*All Scripture references taken from NIV

Quotables

While it's perfectly normal for your mood to occasionally dip, a bad disposition can interfere with your ability to get things done, accomplish important goals, and interact lovingly and productively with people in your life.

– Maggie Greenwood-Robinson

In your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold.

- Ephesians 5:26-27 (NIV)

My Action Response:

TRAITS THAT HELP OR HINDER SUCCESS

25 Positive Characteristics

1. Sociability
2. Trustworthiness
3. Warmth
4. Supportiveness
5. Independence
6. Dependability
7. Leadership initiative
8. Competitive nature
9. Assertiveness
10. Ability to listen
11. Fairness
12. Loyalty
13. Flexibility
14. Reliability
15. Generosity
16. Dynamic personality
17. Adaptability

18. Tough mindedness
19. Versatility
20. Cooperation
21. Risk-taking
22. Approachability
23. Ability to cope
24. Orientation to people
25. Responsibility

25 Negative Characteristics

1. Lack of knowledge
2. Disinterest in work
3. Negative attitude
4. Constantly complaining
5. Lack of social skills
6. Self-centered demeanor
7. Inability/Failure to speak in public
8. Arrogance
9. Interruption of others
10. Poor appearance
11. Indecision

12. Communication whiskers
13. Poor posture
14. Tendency to talk too much
15. Insecurity
16. Impatience
17. Irresponsibility
18. Lack of enthusiasm
19. Lack of dependability
20. Argumentative
21. Poor personal hygiene
22. Preoccupation
23. Lack of personal integrity
24. Overreaction
25. Lack of concern for others

– Roger Fulton

Lord, grant me the serenity to accept
the things I cannot change,
The courage to change the things I can,
And the wisdom to know the difference.

– The Serenity Prayer

For as he thinketh in his heart, so is he

– Proverbs 23:7

I will not permit any man to narrow and degrade my soul by making me hate him.

– Booker T. Washington

Chapter Four
WATER

Our bodies are composed largely of water and virtually every body function is dependent upon it. Water is absolutely necessary for good health.

HEALTHY HABIT #31: Drink 6-8 Glasses of Water a Day

WATER, WATER

How many glasses of just plain water does the average American drink? The truth for many is – hardly any. How much water should you drink? Enough to keep the urine pale. The body loses about 10 to 12 cups of water a day through the skin, lungs, urine, and feces. Food provides two to four cups, leaving us about eight glasses of water to drink.

– HEALTH POWER

Water is the perfect beverage, and one of life's greatest blessings.

– Ludington and Diehl

By myself I can do nothing . . . I seek not to please myself but Him who sent me.

– John 5:30 (NIV)

IMPORTANCE OF WATER

1. Muscles are 75 % water
2. Brain is 70-85 % water
3. Bones are 50 % water
4. Blood is 93 % fluid with water being the main component
5. Cells are composed of and surrounded by water
6. Kidneys cannot function without water
7. Every bodily function occurs in water-based medium

The average American consumes
more soft drinks than water . . .
Annual consumption rates per person:
44.5 gallons of soft drinks
44.3 gallons of water
26.3 gallons of coffee
23.8 gallons of beer
20.1 gallons of milk
23.5 gallons of tea, wine, and other alcoholic beverages

– WILLIAM DYSINGER

I praise you because I am fearfully and wonderfully made; Your works are wonderful, I know that full well.

– Psalm 139:14 (NIV)

Signs of Water Deficiency:

1. Fatigue/tiredness
2. Depression
3. Irritability
4. Concentrated urine
5. Mental dullness
6. Anxiety
7. Decreased ability to think clearly
8. Frequent colds and infections
9. Early aging/wrinkles/fat deposits

When you get low on water, your brain is notified. Often the signal is mistaken for hunger. When you think you are hungry, try drinking water instead. If drinking 6-8 glasses of water causes frequent bathroom breaks, good. This is normal. If you drink throughout the day, rather than a lot at one time, bathroom trips will be less frequent.

. . . if you knew the gift of God, and Who it is
that asks you for a drink, you would have
asked Him and He would have
given you living water.

– John 4:10 (NIV)

HEALTHY HABIT #34: Don't Wait Until You're Thirsty To Drink Water

WATER AND HEALTH

1. Lack of water is the number one trigger of daytime fatigue.
2. 6-8 glasses of water a day are recommended for health.
3. Only 5 glasses a day will:
 - Slash risk of breast cancer by 79 %
 - Reduce risk of colon cancer by 45 %
 - Lower risk of bladder cancer by 50 %
4. 75 % of Americans are chronically dehydrated from not drinking enough over long periods of time.

– Janice Isaac

The time is always right to do what is right.

- Martin Luther King

Would you bring me a little water in a jar so I may have a drink?

– I Kings 17:10 (NIV)

WATER: AN INTERNAL SHOWER

Get into the habit of drinking water liberally. Drink on rising, in midmorning and midafternoon. A drink of water is like an internal shower. It rinses the stomach and prepares it for its work.

– HEALTH POWER

Our fears are more numerous than our dangers,
and we suffer more in our imagination
than in reality.

– Seneca

So he got up and ate and drank.
Strengthened by that food, he traveled
forty days and forty nights.

–1 Kings 19:8 (NIV)

KEEPIN' IT REAL

Urine should be:

- Relatively colorless
- Relatively odorless
- Passed often during the day

Feces should be:

- Formed, but not hard to pass
- Brown in color, not black and no signs of blood
- Light enough to float, and not sink to the bottom
- Odorous, but not so strong that others have to leave the premises
- Passed at least once per day

Got problems? Drink more water and it will pass

Forcing the body to work with limited amounts of fluid is like trying to wash the dinner dishes in a cupful of water. When you don't drink enough water, the body must excrete wastes in a much more concentrated form, causing body odor, bad breath, and unpleasant-smelling urine.

– Ludington and Diehl

Come! Everyone who is thirsty may come and freely drink of the Water of Life.

– Revelation 22:17 (CW)

A GOOD BATH

Just How Does Bathing Help?

Let's start basic: It removes dirt and grime.
Additionally, bathing . . .

- Removes dead skin
- Boosts circulation
- Induces endorphin release
- Promotes relaxation or invigoration, depending on the temperature of the water

There ain't nothing a hot bath can't cure.

– Oprah Winfrey

. . . and bathe himself with fresh water,
and he will be clean.

– Leviticus 15:13 (NIV)

SOAP AND STUFF

Choosing Your Soap

For dry skin
Creamy soaps with a rich texture, containing ingredients such as almond, jojoba, avocado, and olive oils.

For oily skin
Gels and soaps containing citrus or fruit essential oils.

For most skin types
Glycerin soaps.

For sensitive skin
Vegetable-based or glycerin soaps containing vitamin E and aloe vera. Also, the mild soaps specifically developed for delicate skin types.

Natural Skin Softeners

Softening herbs

Elderflowers, camomile, and linden blossoms all have a softening effect on the skin. Brew them into an infusion to add to your bath, or place a handful in a cheesecloth or muslin bag and allow the hot water to run through it.

Bran smoother

Regular bran or rice bran makes an excellent skin- smoother. Fill a cheessecloth or muslin pocket with the bran, and rub your skin with it while you are in the tub.

Oatmeal wash

Tie 8oz (250g) of dry rolled oats in a cheesecloth or muslin bag, and apply as an all-over skin softener. Or simmer the oats in water, and before they become too soft, strain the mixture through a sieve. Allow it to cool and add it to your bath water.

– Bathing for Health, Beauty and Relaxation

Quotables

If you liken your body to an automobile,
what would it look like?
Peppy sportscar
Sturdy sedan
Gas-guzzling clunker
. . . the amount of care you put into your body
shows. The best way to keep your car [body]
running smoothly is with routine maintenance
and plenty of water.

– Looking After Your Body

He draws up the drops of water, which distills rain to the streams; the clouds pour down their moisture and abundant showers fall on mankind.

– Job 36:27 (NIV)

My Action Response:

CONTRAST SHOWER

- Start with a warm shower and increase the temperature to as hot as you can tolerate.
- Quickly reverse the faucet to cold and remain there for 15 to 30 seconds, or until you start to get goose bumps.
- Alternately increase the length of time in the cold and decrease temperature of water until you take full cold.

The wider the variation between hot and cold, the greater will be the invigorating effect of this treatment.

Caution: This contrast shower should not be used in the presence of some types of heart disease, extreme high blood pressure, or in cases of liver or kidney failure.

– New Start

If you need something to wake you up even after a good sleep, try an invigorating hot-and-cold shower. It improves your breathing by increasing the depth of respiration. It has been shown to increase the number of white blood cells in circulation, thus improving the activity of your immune system. You will be less subject to colds and other infections.

– Vernon Foster

Let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water.

– Hebrews 10:22 (NIV)

BOTTLED WATER

Bottled water may be no healthier than tap water, costs up to a thousand times as much, is subject to less strict safety standards, and contributes to climate change through the toxic chemicals released during the manufacture and disposal of bottles. Plus, carrying those little bottles around announces to the world that you have way too much disposable income for your own good.

– David French

Researchers at the National Resources Defense Council discovered that 40 percent of the bottled water sold in the United States is tap water.

– David Niven

Then the angel showed me the river of the water of life, as clear as crystal, flowing from the throne of God and of the Lamb.

– Revelation 22:1 (NIV)

Don't compromise yourself, you're all you've got.

– BETTY FORD

CHAPTER FIVE
SUNLIGHT

Sunlight is a healing agent of nature and is necessary for strong bones.

BENEFITS OF SUNLIGHT

Acts as a germicidal agent (kills germs)
Keeps skin smooth and elastic
Improves mood, causes relaxation
Maintains positive and negative ionization in the air
May help to regulate blood pressure
Appears to strengthen the immune system

Sunlight is vital to activate Vitamin D in humans. Vitamin D is necessary for bone development and maintenance; it facilitates the absorption of calcium and phosphorus. Fifteen minutes of exposure to the sun per day is adequate to activate the daily requirement of Vitamin D.

The day is Yours, and Yours also the night;
You established the sun and moon.

– Psalm 74:16 (NIV)

PRECAUTIONS REGARDING SUN EXPOSURE

Always avoid looking directly at the sun for a long time.
Protect skin with clothing and hats.
Use sunscreen products wisely.
Overexposure can cause premature aging, cancer.
Seek medical advice if there is a change in mole (size, shape, appearance) or if an area of skin looks suspicious.

Proper amounts of sunlight make the skin smooth and pliable and give it a healthy glow. Sunlight also raises the resistance of skin to disease and infection. No group of diseases is more extensively treated with light therapy than skin diseases.

He is like a well-watered plant in the sunshine, spreading its shoots over the garden.

– Job 8:16 (NIV)

SAFE USE OF SUNSCREEN

All persons who expose their skin to the sun for extended periods of time should use sunscreen as follows:

- Use a SPF of at least 15
- Apply sunscreen before going out into the sun
- Pay attention to putting sunscreen on face, ears, hands and arms
- Re-apply every two hours or immediately after swimming

– David Niven

Although the sun is an important element to human health, it needs to be taken in proper doses. Excessive exposure to the sun will cause premature aging of the skin, and can lead to skin cancer, the most commonly occurring form of malignancy in America today.

– David Frahm

The Lord is my light and my salvation–
whom shall I fear?

– Psalm 27:1 (NIV)

CANCER WARNING SIGNS

Cancer may cause a variety of symptoms which may be overlooked or ignored. The earlier cancer is diagnosed, the better the chance of it being cured.

Rapid weight loss without apparent cause
Persistent abdominal pain
A scab, sore, or ulcer that does not heal within 3 weeks
Change in shape or size of testes
A blemish or mole that enlarges, bleeds, or itches
Blood in urine, with no pain on urination
Severe recurrent headaches
Change in bowel habits
Difficulty swallowing
Lump or change in breast shape
Persistent hoarseness
Bleeding or discharge from nipple
Coughing up bloody sputum (phlegm)
Vaginal bleeding or spotting between periods or after menopause

– American Medical Association

For most types of cancer, survival rates for Blacks are worse than for Whites. Why? One reason is that chances of survival are better when cancer is detected early, which means getting regular physical check-ups. The problem is, Blacks often avoid visits to their physician.

– Susan M. Baker

I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.

– 3 John 2 (NIV)

CANCER DEVELOPMENT IN FIVE STEPS

Step 1 Radiation, chemicals, viruses, heredity or a host of other things cause damage to the cell.

Step 2 Because of the damage, the cell finds it harder and harder to grow normally, making it turn renegade.

Step 3 The renegade cell breaks all the rules–divides uncontrollably, attaches to neighbor cells, invades the space of other cells. The cell is now cancerous.

Step 4 The renegade cell develops its own blood supply, which allows it to grow out of control. The cells are now a tumor.

Step 5 Pieces of the tumor break off and go to other parts of the body via the blood and lymphatic systems. The cancer has spread.

One new case of cancer is diagnosed in America every 30 seconds.

– Time Magazine

Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour.

– 1 Peter 5:8

CHOLESTEROL: GOOD AND BAD

- Cholesterol: a fatty substance produced by the liver. Is necessary for life, but too much causes heart disease, high blood pressure, and stroke.
- HDL-Cholesterol: high-density lipoprotein; this "good" cholesterol protects from heart disease. Is found in unsaturated vegetable fats, like olive oil - fats that are liquid at room temperature.
- LDL Cholesterol: low-density lipoprotein; the "bad" cholesterol which contributes to heart attack and stroke. Is found in saturated fats, like lard and butter - fats that are solid at room temperature.
- Triglycerides: fat in the blood; high levels cause heart disease and stroke.

Need to lower cholesterol levels? Avoid fat foods and engage in regular exercise, get out in the sun.

Sunshine makes vitamin D out of cholesterol and some of the plant-derived sterols deposited just under the skin. In doing so it uses up cholesterol. Most of us have too much cholesterol. So if you want to lower your cholesterol, get out in the sunshine – it will help!

- Ludington and Diehl

Now those who compete in these games train their bodies and abstain from anything that would be harmful. They do it to win that laurel wreath which will soon fade and die.

– I Corinthians 9:25 (CW)

SIGNS OF DEPRESSION

- Anxiety and variable mood
- Feelings of sadness, hopelessness, pessimism
- Loss of interest in life in general
- Crying for no apparent reason
- Loss of appetite
- Difficulty sleeping
- Tiredness and lack of concentration
- Slowed movement and thinking
- Thoughts of death, suicide
- Withdrawal

Combined with active exercise, sunshine is an important adjunct in treating acute and chronic depression.

– Ludington and Diehl

But the fruit of the Spirit is love, joy, peace,
longsuffering, gentleness, goodness,
faith, meekness, temperance:
against such there is no law.

– Galatians 5:22, 23

TAKING A SAUNA

- Do not have a sauna immediately after eating.
- Drink plenty of water during and after a session.
- Always take a hot shower beforehand.
- Check that the temperature does not exceed 176°F (80°C)
- Leave the sauna immediately if you start to feel dizzy.
- Wear no more than a towel or swimsuit.
- Remove all jewelry and your watch–the metal will become very hot.
- Do not spend longer than 5-10 minutes at a time in the sauna.
- Hot air rises, so sit on the lower benches first. As you become accustomed to the heat, you can move to the higher ones.
- Take a cool shower when you come out, and rest for at least 30 minutes.
- Drink water, and eat a banana to help replace lost potassium.
- Do not take a sauna if you are pregant, have heart disease, hypertension, or diabetes.

Sweating it out in the sauna is one of the simplest and most effective ways to cleanse your body from within. Carrying impurities out of your system by natural means, a sauna has benefits for your health, appearance, and well-being.

I realized that it is good and proper for a man
to eat and drink, and to find satisfaction in his
toilsome labor under the sun
during the few days of life God has given
him—for this is his lot.

– Ecclesiastes 5:18 (NIV)

SUNBURN STATES

Think people who live in California or Florida are more likely to get sunburned? Wrong!

States with highest rates of sunburn are:

Colorado
Indiana
Iowa
Wyoming
Michigan

To change your life, start immediately.
Do it flamboyantly, no exceptions.

– William James

And God said, 'let there be light,' and there was light. God saw that the light was good, and he separated the light from the darkness.

– Genesis 1:3,4 (NIV)

TANNING BEDS

Doctors at the Mount Sinai School of Medicine found that tanning beds expose the body to ten to fifteen times higher concentrations of dangerous ultraviolet rays than does natural sunlight.

– David Niven

Artificial light is a very poor substitute for the real thing. Spend a little time each day soaking up some daylight.

– Ludington and Diehl

Those who are wise will shine like the brightness of the heavens, and those who lead many to righteousness, like the stars for ever and ever.

– Daniel 12:3 (NIV)

My Action Response:

CHAPTER SIX

SKILLS FOR LIFE

Basic, practical strategies that will improve the quality of your life and relationships.

WHOLE PERSON HEALTH APPRAISAL

Rate your current status in each of these areas:
(1 = abysmal, 7 = outstanding).

Exercise	1	2	3	4	5	6	7
Smoking/Alcohol	1	2	3	4	5	6	7
Nutrition	1	2	3	4	5	6	7
Stress Level	1	2	3	4	5	6	7
Spirit	1	2	3	4	5	6	7
Relationships/Support	1	2	3	4	5	6	7
Life Work	1	2	3	4	5	6	7
Energy Level	1	2	3	4	5	6	7
Overall Health	1	2	3	4	5	6	7

– Structured Exercises in Wellness Promotion, Volume 2

Sometimes we are so overwhelmed that we try to do everything at once–and nothing gets accomplished. Take a few minutes to make a list of what has to be done, establish priorities, and tackle one project at a time, the most essential thing first.

– Gordon Edlin

Whatever your hand finds to do, do it with all your might, for in the grave, where you are going, there is neither working nor planning nor knowledge nor wisdom.

– Ecclesiastes 9:10

FREEING UP YOUR LIFE

1. **Release past relationships.** Throw away gifts, letters and photos of past loves. If you wish, just keep a couple of mementoes, reminders of special times. Let your past relationships occupy as little space in your home as they do in your mind and your heart.

2. **Clear your closets**. Get rid of old clothes, old sports equipment, gadgets that are broken and out-of-date, and projects started and long abandoned.

3. **Eliminate information overload**. Get rid of all the excess information in your home, in your car and on your computer. Throw out files, receipts, and financial information you no longer need. Dump piles of old magazines and other mail more than six months old.

4. **Do a final sweep** throughout your home while asking yourself, "What could I beneficially release from my life?"

– Learn to Power Think

Like most people, you probably hang on to stuff—too much stuff. Hanging on to old stuff is a way of clinging to a past that is gone and best released. Eliminating the clutter in your life will free up space not only in your home, but also in your mind—releasing more energy for focusing on new ideas and what is ahead.

– Caterina Rando

Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

– 2 Corinthians 5:17

10 COMMANDMENTS OF TIME MANAGEMENT

I. Thou Shalt Not Depend on External Influences to Accomplish Tasks. Don't think that work will miraculously get done in two weeks simply because you've got a two-week deadline. The work has to come from you.

II. Thou Shalt Not Believe Thou Must Do It All. You can't do everything, even if people expect it. Only your own expectations matter, so set reasonable goals.

III. Thou Shall Learn How to Say No. Just say "no" and watch how your to-do list shrinks.

IV. Thou Shalt Abandon Certain Tasks for the Sake of Thy Sanity. You know those items that have been on your to-do lists for months that you should do, but they aren't urgent enough to warrant action? Cross them off.

V. Thou Shalt Master the Art of the List. Lists save the day.

VI. Thou Shalt Learn to Delegate. What're kids for if not to help out around the house? . . .And what're roommates for if not to help you study? And significant others, well, they're significant because they're partners in life, in work, and in getting stuff done, right?

VII. Thou Shalt Practice Stress Management. If the stress in your life is too much, deal with it.

VIII. Thou Shalt Take Care of Thyself. Eat right, get enough sleep. You'll make much better use of the time you have if you're physically at your best. Your brain will work better, too.

IX. Thou Shalt Not Be Too Rigid. If you concoct an elaborate schedule, you'll never be able to stick to the exact schedule every single day, and once you break it, you might just give up.

X. Thou Shalt Prioritize. Know what has to be done, what should be done, and what you'd like to get done. If you get through the day getting done what has to be done, consider yourself a success.

– The Complete Idiot's Guide to Breaking Bad Habits

You can't procrastinate your way to the top.

– LaToya Bent

Then the Lord said to Moses, "Why are you crying out to Me? Tell the people to move on."

– Exodus 14:15 (NIV)

My Action Response:

COMMUNICATING THROUGH CONFLICT

CRIB is a communication skill that can be used when you are having trouble communicating because of conflict. Try it next time the conversation has turned into a confrontation.

- **Commit to seek Mutual Purpose**. Make a unilateral public commitment to stay in the conversation until you come up with something that serves everyone.
- **Recognize the purpose behind the strategy**. Ask people why they want what they're pushing for. Separate what they're demanding from the purpose it serves.
- **Invent a Mutual Purpose**. If after clarifying every one's purposes you are still at odds, see if you can invent a higher or longer-term purpose that is more motivating than the ones that keep you in conflict.
- **Brainstorm new strategies**. With a clear Mutual Purpose, you can join forces in searching for a solution that serves everyone.

– Crucial Conversations: Tools for Talking When Stakes are High

Lord, fill my mouth
With worthwhile stuff.
And nudge me when
I've said enough!

– Anonymous

Let your conversation be always full of grace,
seasoned with salt, so that you
may know how to answer everyone.

– Colossians 4:6

GETTING A GOOD MASSAGE

Massage can reduce blood pressure, improve circulation, promote sleep, provide relief from chronic pain, diminish stress, and help the immune system.

- Go to a licensed massage therapist (LMT); they have educational training in massage, anatomy and pathology.
- Don't go to an unlicenced person, as you cannot expect a professional, therapeutic massage.
- Expect a professional setting, in which your modesty is protected.
- Research the types of massage available and choose one that suits your needs.
- Control the amount of talking between you and the therapist during the massage, according to your preferences.
- Focus on relaxing during the massage.
- Cost: average $50.00 for an hour-long massage.

You need to loosen your grip.

– Diane Atkinson

He makes me lie down in green pastures, He leads me beside quiet waters

– Psalm 23:2

LIFE-SAVING HABITS

- Learn Cardio-Pulmonary Resuscitation (CPR) and basic First Aid.
- Women: perform monthly Breast Self-Examination.
- Men: periodically perform Breast Self-Examination because men get breast cancer also.
- Regularly check your blood pressure: High = 140/90 or greater.
- Have an annual physical examination from your physician.
- Women: have an annual Pap Smear examination if you are 18 years or older or have been/are sexually active.
- Women: after age 40, have an annual Mammogram.
- Men: after age 40, have an annual Digital Rectal Examination/Prostate-Specific Antigen test.
- Wear a seatbelt in the car.

According to the World Health Organization, just 10 risk factors account for 40 percent of annual deaths around the world.

#1 Hunger
#2 Unsafe Sex
#3 High Blood Pressure
#4 Tobacco
#5 Alcohol
#6 Bad Water / Poor Sanitation
#7 High Cholesterol
#8 Indoor Air Pollution
#9 Iron Deficiency
#10 Obesity

Moreover it is required in stewards that they be found faithful.

–1 Corinthians 4:2 (NKJV)

10 WAYS TO COMBAT PREJUDICE

1. Examine your own prejudices. If you are racist, sexist, ageist, homophobic, or ableist (prejudiced against people with physical/mental disabilities), GET OVER IT!–Ask God for help.

2. Know your roots and share your pride in your heritage with others.

3. Invite friends from backgrounds different from your own to lunch, dinner, social events, or church.

4. Be mindful of your language; avoid stereotypical remarks and challenge those made by others.

5. Speak out against jokes and slurs that target people or groups. Silence sends a message that you are in agreement. It is not enough to refuse to laugh.

6. Be knowledgeable about diversity; provide as much accurate information as possible to reject harmful myths and stereotypes. Discuss the impact of prejudicial attitudes and behavior.

7. Read and encourage others (especially children) to read books that promote understanding of different cultures as well as those that are written by authors of diverse backgrounds.

8. Incorporate diversity as a goal at your job or school.

9. At your church, school, or job, discuss alternative accessibility routes such as ramps, stairs and elevators, and invite speakers to talk about such initiatives.

10.Encourage representation of all people on school boards, committees, groups, teams, and in publications.

– Close the Book on Hate

Positive connections between people are a source of mental and physical well-being. Negative feelings toward those around you are a source of mental and physical strain. Realize that your anger will hurt you more than it will hurt the target of your dismay.

– David Niven

. . . God does not show favoritism.

– Acts 10:34 (NIV)

RECOGNIZING SUICIDAL BEHAVIOR

- Talk about committing suicide
- Trouble eating or sleeping
- Drastic changes in behavior
- Withdrawal from friends and social activities
- Lost interest in hobbies, work, or school
- Prepares a will or gives away prized possessions
- Attempted suicide previously
- Preoccupation with death
- Lack of interest in appearance
- Increased use of alcohol or drugs

HOW TO HELP

- Encourage talk about feelings. Don't ignore or lecture.
- Use direct approaches–ask if they are thinking of suicide.
- Get professional help for them.
- Eliminate or reduce means of suicide, such as guns, stock-piled pills, etc.
- Don't say, "It will be okay." Take all threats seriously.

– USA Today

Depression among college students is thought to be higher these days than ever before. A study done at Kansas State University found twice as many depressed students as in an earlier study, and three times as many students thinking about suicide. Peak suicide years: 15-24 years old and 65 years and older.

– USA Today, March 2004

My frame was not hidden from You when I was made in the secret place. When I was woven together in the depths of the earth, Your eyes saw my unformed body.

– Psalm 139:15 (NIV)

FROM HERE TO SERENITY

1. Life is for living–participate fully.
2. Seek out new experiences.
3. Don't pass the buck.
4. Maturity means taking responsibility.
5. Deal with obstacles constructively.
6. Edit your life script.
7. Understand the value of relationships.
8. Find a benefit in a bad experience.
9. Go out of your way to help others.
10. Accept yourself–warts and all.
11. Be humane in the treatment of others.
12. Respect the gifts of nature.
13. Make a contribution to the planet.
14. Pay attention to what others tell you.
15. Be cool when the heat's turned on you.
16. Develop the power to love.
17. Find what makes you thrive.
18. Find someone to look up to.
19. Live up to your own expectations.
20. Put your money where it counts.

– Boost Your Brain Power

Our greatest duty to God and man is that of self-development.

– Ellen G. White

I have fought a good fight, I have finished the race, and I have remained faithful.

– 2 Timothy 4:7

AN ATTITUDE OF GRATITUDE

Gratitude comes from an awareness of how blessed you are.

1. Look at your life: Who are you grateful for? List ten people you know and write next to their names why you are grateful to them. Is your gratitude for something specific they have done, or simply for who they are? Describe their contribution to your life.

2. Contact these people and tell them thank you. Call them, write them a letter, e-mail them, or better–offer to take them for lunch or dinner.

3. For four of these people, do something that will make them truly grateful. Pick something that would be a big contribution to their life–and, if possible, make it a surprise.

4. Begin the daily practice of doing a good deed for someone each day.

5. Every day, write down in your journal at least five things you are grateful for. Never put down your pen until you have come up with five things!

6. Thank God every day for your blessings.

– Learn to Power Think

The relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health to a far greater degree than many realize Courage, hope, faith, sympathy, love, promote health and prolong life. A contented mind, a cheerful spirit, is health to the body and strength to the soul.

– Ellen G. White

I thank my God always on your behalf, for the grace of God which is given you by Jesus Christ.

– 1 Corinthians 1:4

Hatred stirs up strife,
but love covers all sins.

– PROVERBS 10:12 (NKJV)

CHAPTER SEVEN

TEMPERANCE

(SELF-CONTROL)

The goal of temperance is to achieve a healthy balance in every area of life.

BIBLICAL BASIS FOR THE SEVENTH-DAY ADVENTIST PHILOSOPHY OF HEALTH

- We are God's creation to do good works.
 (Ephesians 2:10)
- We have a sacred, moral obligation to maintain our "dwellings" in optimum physical condition.
 (Romans 12:1)
- We were redeemed by Christ, and are to honor and glorify God in our bodies; we must not "defile" them in any way.
 (I Corinthians 6:19, 20)
- The belief in the soon coming of Christ calls for a dedication of the complete being to God.
 (I Thessalonians 5:23)

Health is a state of complete physical, mental, and social well-being, and not merely the absence of disease and infirmity.

– World Health Organization

We are the product of God's creative power, created by Jesus Christ to live out God's love for others just as He did when He was here.

– Ephesians 2:10 (CW)

CHECKLIST FOR LIVING A BALANCED LIFE

- Do healthy things in moderation.
- Don't do unhealthy things.
- Manage stress instead of letting it manage you.
- Vent your emotions regularly.
- Establish and strengthen spiritual connections.
- Don't be driven or controlled by money, sex, or power.
- Remember relationships are more important than things.
- Develop and maintain hobbies.
- Have a plan to keep your life in balance.
- Consistently take time to develop and maintain yourself.

The human body is able to tolerate excesses of one kind or another for a long time. But the bottom line is that balance, not only in what we eat, but in our total lifestyle, is the key to enduring health and happiness.

– Ludington and Diehl

Aim for perfection, listen to my appeal, be of one mind, live in peace. And the God of love and peace will be with you.

– II Corinthians 13:11 (NIV)

STRESS SELF-TEST

How stressed are you? Take this quiz to see:

- Are you forgetting little things and finding it hard to concentrate?
- Do you have trouble falling asleep, staying asleep, or sleeping too much and still tired?
- Do minor things make you really angry or frustrated?
- Is it impossible for you to stop worrying?
- Do you regularly feel nervous and anxious?
- Do many things annoy you, but seem beyond your control to change?
- Do you often feel inadequate?
- Does it seem that things just never go your way?
- Do you get upset easily?
- Are you unable to cope with everything you have to do?

Stress is overtaking your life if you answered "yes" to two or more questions. Adopt de-stressing strategies immediately.

Researchers believe that chronic stress is an underlying cause in up to 80 percent of illnesses.

Come to me, all you who are weary . . .
and I will give you rest.

– Matthew 11:28 (NIV)

STRESS RELIEVING STRATEGIES

1. **See Molehills, Not Mountains**
 Stress-related illness is not caused by external events, but by your reaction to them. One key to stress relief is to change the way you look at things.

2. **Play Hide and Seek**
 Sidestep things that cause high stress or tackle high stress situations when you are more relaxed. Avoid procrastination and complete projects ahead of time. Seek activities that provide refuge or break from stress.

3. **Take Charge of Your Time**
 Separate the urgent from what can wait. Delegate tasks whenever you can. Learn to say "no." Don't skimp on necessities–you have to eat well, exercise regularly and get adequate sleep.

4. **Exercise Regularly**
 People who exercise have milder physical reactions to stress. Any type of exercise is valuable.

5. Eat Stress Relief Foods

Avoid junk food. At high periods of stress, reach for:

- Warm milk, yogurt, tapioca pudding (they have tryptophan which manufactures serotonin and causes relaxation).
- Bread, cereal, and pasta (they induce a feeling of calm due to serotonin release).
- Bananas, orange juice, and apricots (they are rich in potassium, which is depleted during stress).

6. Practice Optimism

Optimists cope successfully with stress by:

- Telling themselves the situation is temporary – "Things will get better soon."
- Blaming external events, not themselves – "Sometimes these things just happen."
- Viewing occurrences as isolated events, not part of a larger trend– "This person has a problem with me, but most people don't."

7. Get Professional Help

Talk with a counselor, therapist, or pastor if you are experiencing more stress than you can manage.

12 DUMB THINGS PEOPLE SAY ABOUT SEX . . .

Everybody's doing it.
Virgins are losers.
You can't get pregnant the first time.
Don't worry, I'm clean.
To be a good spouse, you have to have practice.
No one will ever know we had sex, I won't tell.
Sex equals love.
If you really love me, prove it.
Being a 'technical' virgin is all that matters.
If it feels good, it can't be bad.
Sex is natural, there's no reason to control it.
I have to have sex or I will die.

Conservative groups have long advocated sexual abstinence as a way to avoid unwanted pregnancy and sexually transmitted diseases (STDs). On the other hand, doctors and medical groups have recommended condom use and sex education. However, with STDs rampant, organizations such as the American College of Obstetricians and Gynecologists are now advocating abstinence as the best way to stop disease.

– Time Magazine

It is God's will that you should be sanctified . . . that each of you should learn to control his own body in a way that is holy and honorable

– I Thessalonians 4:3,4 (NIV)

ATTAINING SEXUAL INTEGRITY

- ✔ Be decisive about not having sex. Don't be afraid of being different. Don't be afraid to say no. It's a matter of life and death.
- ✔ Remember your weaknesses. By yourself, you will fall. Trust God. Be humble. Pray.
- ✔ If you have never had sex, remain a virgin until you get married.
- ✔ If you have made a mistake, ask God to forgive you. Ask Him to help you to be pure for the rest of your life. Save sex for marriage. Get a blood test to find out if you are infected.
- ✔ Be pure. That means saving sex for marriage and having sex exclusively with your spouse.
- ✔ If you engage in sex frequently or with various partners, seek help. You have a serious problem. It will kill you unless you change.

– Joe Babendreier

I believe that just the act of having voluntary restraints is beneficial to us . . . [and] helps us to break free of our compulsions and our addictions. . . . What appears like self-restraint can be self-empowerment. Ultimately, it's a choice between true freedom or being a slave to our compulsions.

– William Dysinger

My son, attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine heart. For they are life unto those that find them, and health to all their flesh.

– Proverbs 4:20-22

EFFECTS OF MARIJUANA

What marijuana does to the body . . .

- Brain: changes brain chemistry.
- Behavior: causes difficulty with concentration, memory, attention, learning.
- Heart: increases heart rate and blood pressure.
- Lungs: marijuana has 50% more tar than cigarettes.
- Sexual performance: may reduce number and quality of sperm, thereby affecting fertility.
- Blood flow: decreases circulation.

– TIME MAGAZINE

Research Shows:

1. *Marijuana affects the immune system, which decreases the ability to fight disease.*
2. *Marijuana users are at risk of developing head, neck and lung cancers.*
3. *Addiction, with physical withdrawal symptoms, can result from marijuana use.*
4. *People who use marijuana appear as much as five times more likely than non-smokers to abuse cocaine, heroin, hallucinogens, sedatives, or alcohol.*

– Time Magazine

Like a city whose walls are broken down is a man who lacks self-control.

– Proverbs 25:28 (NIV)

DRINKING ALCOHOL

These days people quote research that suggests that moderate alcohol consumption (a small amount of wine and beer two to three times a week) may reduce heart disease and stroke in some people.

According to recent research, however, this benefit does not seem to occur in African–Americans. The reasons for this are complex and African–Americans, particularly, should not start drinking to receive health benefits, when exercise and diet can achieve the same results without the risks associated with alcohol.

– Time Magazine

Alcohol is the strongest and most toxic of the common psychoactive substances. It is a "hard" drug.

– Andrew Weil

Wine is a mocker and beer a brawler:
whoever is led astray by them is not wise.

– Proverbs 20:1 (NIV)

SMOKING CESSATION

Timetable to Recovery

The longer you stay smoke-free, the more you'll realize what "recovery" really means. Although some damage (to your lungs, for example) may be permanent, your body has an amazing ability to repair itself. This chart gives you an idea of how soon you'll notice the benefits of quitting.

Time Since Quitting	Effects on Your Body
20 minutes	• Your blood pressure goes down, pulse drops, hands and feet get warmer.
8 hours	• The carbon monoxide level in your blood drops to normal and the level of oxygen in your blood increases to normal.
24 hours	• Your chance of having a heart attack begins to fall.
72 hours	• Your lung capacity has already improved.
Within 1 week	• Your senses of taste and smell improve. Your breath, hair, and fingers are noticeably cleaner.

Time Since Quitting	**Effects on Your Body**
2 weeks to 3 months	• Because your lung function and circulation are improving, it's easier to walk. As the hair-like structures lining your air-ways recover, they remove more mucus from your respiratory passages, which you'll cough up at first as your lungs and sinuses clear.
1 month to 9 months	• You notice less coughing, congestion, fatigue, and shortness of breath.
5 years to 15 years	• Your risk of heart attack and stroke are back to normal.
10 years	• Your risk of lung cancer falls to half that of continuing smokers. Your risk of other associated cancers drops.
15 years	• Your risk of dying prematurely is now nearly equal to that of people who've never smoked.

– LOOKING AFTER YOUR BODY

Cigarettes are among the world's most profitable drugs. They are also the only legal ones that, if used as intended, turn most of their users into addicts and kill every second smoker.

If you smoke and you want to live, you must stop NOW! And if you live or work around a smoker, protect yourself by insisting that they do not smoke around you. Second-hand smoke may be more harmful than the cigarette.

– Aileen Ludington

My Action Response:

REMOVING TATTOOS

1. Dermabrasion — sanding the skin to remove color

2. Excision — cutting the tattoo out of the skin

3. Skin Grafting — covering up the tattoo with other skin

4. Laser Removal — visible scarring occurs in 85-90 percent of cases

Body Piercing

More than 50 percent of college students have body piercings; 23 percent of them had complications with the procedures.

Breast Implants

Women with implants are three times more likely to commit suicide than women who do not have surgical enhancement, according to a Swedish study.

Tattoos

Thirty percent of men age 18 to 29 have tattoos, while 35 percent of women age 18 to 29 have them. Recently there has been a surge in demand for tattoo removal.

Do you not know that your body is a temple of the Holy Spirit, . . . you are not your own; you were bought at a price. Therefore honor God with your body.

– I Corinthians 6:19, 20 (NIV)

My Action Response:

CHAPTER EIGHT
AIR

Air is the body's most frequently needed resource. Living in an environment where the air quality is good greatly enhances the ability to fight disease.

AIR INVENTORY

Right now, without changing anything about the way you are sitting or breathing, answer the following questions:

1. How are you sitting right now? Is your spine straight, or are you slouching? Are your shoulders rolled forward?
2. Observe your breathing for a few moments. Is it shallow or deep?
3. Do the clothes you are wearing, or the chair you are sitting in, restrict your breathing?
4. Is the room you are in well ventilated with fresh air, or is it closed and stuffy?
5. Have you (or will you) exercise today?
6. Have you eaten a high-fat meal today? (A high-fat meal reduces your blood's ability to carry oxygen.)
7. When was the last time you got up and moved around? Have you taken a break or done some deep breathing during the past couple of hours?

It is possible to go weeks without food and days without water, but six minutes without air and you're a corpse.

– Harvey Diamond

The Spirit of God has made me; the breath of the Almighty gives me life.

– Job 33:4 (NIV)

PROPER BREATHING RULES

- Breathe through your nose, not your mouth
- Keep nasal passages unobstructed
- Breathing should have a constant in-and-out rhythm
- Breaths should be deep, not shallow
- Movement should be at the abdomen, not the chest

Each of us breathes about 35 pounds of air per day—more than 6 tons over the course of a year. Pure, unpolluted air is essential for body functions and for health

– Eric Golanty

I praise you because I am fearfully and wonderfully made; Your works are wonderful, I know that full well.

– Psalm 139:14 (NIV)

BREATHE RIGHT

Lie down and place one hand on your chest and the other on your stomach. Breathe normally for a few moments, noting the movement of each hand as you inhale. Which hand rises more dramatically? If it's the one on your belly, take it off and pat yourself on the back. You have excellent respiratory technique.

But if it's the hand on your chest, you'd better take a deep breath–though you probably can't. You're breathing wrong!

Bad air and poor breathing habits promote negative emotions like depression and irritability. It can also cause headaches and chronic feelings of fatigue and exhaustion.

– Ludington and Diehl

And the Lord God formed the man from the dust of the ground and breathed into his nostrils the breath of life

– Genesis 2:7 (NIV)

RESPIRATORY SYSTEM DEFENDERS

1. HAIR
 - In the nose, hair traps large particles.
 - In the lungs, fine hair (cilia) sweeps foreign particles out.

2. MUCOUS
 - Traps foreign particles and debris.
 - Carries particles out with sneezes, coughs, spits, or nose blows.

3. TONSILS and ADENOIDS
 - These are organs of the immune system located in the throat.
 - They identify foreign invaders and destroy them.

Air is the most important nutrient for human life. The Creator designed the body to run on oxygen. Every day we take over 17,000 breaths that serve to keep our bodies fueled with this precious gas.

– Anne Frahm

The heavens declare the glory of God; the skies proclaim the work of His hands.

– Psalm 19:1 (NIV)

BREATHE DEEPLY

Take a moment to try this simple breathing exercise. It will energize and refresh you.

- Stand still or sit with your back straight.
- Exhale deeply through your mouth.
- Now, draw the air back into your lungs.
- As you do, imagine it going right down into your belly, filling it.
- Feel your stomach expand as you inhale.
- When your lungs are full, slowly begin to exhale.
- Tighten the muscles of your stomach as you gently push the last bit of air out.
- Repeat the process, slowly, five or six times.

Do this exercise when you wake in the morning and several times during the day. If possible, step outdoors into the fresh air.

– HEALTH POWER

A "feel good" technique is to stop where you are and take a few slow, deep breaths several times a day. This gives your body an extra "shot of oxygen" and helps unload carbon dioxide.

– Ludington and Diehl

Everyone is senseless and without knowledge; every goldsmith is shamed by his idols. His images are a fraud; they have no breath in them.

– Jeremiah 10:14 (NIV)

HOME HEALTH

Since the average American spends 90 percent of his or her time indoors, and much of that is at home, your dwelling is a very important place in which to begin to make some changes:

- Keep your dwelling well ventilated–open the windows
- Use nontoxic household cleaning products
- Keep your furnace, humidifier, and air conditioner clean
- Ban smoking
- Get checked for radon, an odorless gas that comes from the ground
- Get a lead-testing kit
- Use air fresheners, moth crystals, etc., sparingly

– HEALTHY HABITS

Many modern homes and office buildings are tightly sealed to save energy costs. But this advantage may be offset by poor ventilation and potential accumulation of indoor air pollutants. Symptoms resulting from air pollutants range from burning eyes, sore throats, coughing, and itching, to headaches, sluggishness, nausea, dizziness, feelings of exhaustion, and depression. This cluster of symptoms is sometimes referred to as "sick building syndrome."

– Ludington and Diehl

You will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.

– Psalm 91:5,6 (NIV)

AROMA THERAPY OILS

Essential Oil	Effects
• Peppermint	• Energizing, clears the mind
• Sandalwood	• Useful in depression, nervous disorders
• Grapefruit	• Helps with muscle fatigue, acne, stiffness
• Cinnamon	• Combats fatigue, poor circulation
• Lemon	• Promotes mental clarity

Do not use if taking homeopathic medicines.

Caution: Do not put essential oils directly on skin–dilute in water or carrier oil.

Researchers at Cornell University found that workers in noisy offices experienced significantly higher levels of stress and made 40 percent fewer attempts to solve a difficult problem they were presented with.

– David Niven

Make a joyful noise unto God, all ye lands:
Sing forth the honor of His name:
make His praise glorious.

– Psalm 66:1, 2

HOUSE PLANTS

House plants do a lot more than enhance the appearance of homes and offices. They enrich the air with oxygen and absorb carbon dioxide; some even remove toxic pollutants from the air we breathe. Placing at least one plant for every 100 square feet of indoor space is recommended.

– HEALTH POWER

Work performed in the open air is tenfold more beneficial to health than indoor labor.

– Ellen G. White

... And the leaves of the tree are for the healing of the nations.

– Revelation 22:2 (NIV)

AIR PURIFIERS

Air purifiers can be expensive, complicated, messy, and have limited cleaning range. But people with allergies and lung diseases often find them beneficial. Get one if you are exposed to air polluted with cigarette smoke at home or at work.

Hopefully you do not smoke. However, if you are around a smoker you are at risk. Second-hand smoke has been shown to cause disease in non-smokers. Researchers at the University of Chicago estimate that breathing in smoke for one hour equals smoking four cigarettes yourself.

And He is not served by human hands, as if He needed anything, because He Himself gives all men life and breath and everything else.

– Acts 17:25 (NIV)

HEALTHY HABIT #80: Be Ecologically Aware—Don't Smoke

POLLUTION

There are a few things you can do to make sure that you're not adding to outdoor pollution–things like keeping your car well tuned and effectively burning fuel, driving less, switching your fireplace from wood to gas.

– HEALTHY HABITS

In heavy freeway traffic, the levels of carbon monoxide may reach levels of 400 ppm. It is no surprise that many commuters in large cities who get stuck in traffic jams arrive home with headaches.

– Kelli Brown

Do not pollute the land where you are.

– Numbers 35:33 (NIV)

My Action Response:

<footer>202 Healthy Habits</footer>

CHAPTER NINE

REST

Productivity and disease resistance are increased with proper rest, which is the great rejuvenator. We need quiet relaxation after active work, vigorous exercise after mental work, and deep restorative sleep.

RESTFUL SABBATH ACTIVITIES

I. Public worship with believers
II. Private meditation, Bible study, prayer
III. Service to the community
IV. Enjoyment of nature
V. Visitation for encouragement and support
VI. Ministry to the sick
VII. Physical rest and relaxation

The word for Sabbath in Hebrew comes from a root meaning "to desist." Sabbath originally meant a time that was designated for ceasing all activity and simply acknowledging the goodness of creation. It represents the Israelites' recognition that although human beings can catch a glimpse of the pure realm of unity and innocence, they also live in the fractured world of division, greed, and sorrow.

– William Dysinger

Remember to observe the Sabbath because I have set it apart as holy. There are six days in the week for you to earn a living. But the seventh day of the week belongs to the Lord your God. On that day you are to do no work.

– Exodus 20:8-11 (CW)

STAGES OF SLEEP

Stage 1
Begins when you fall asleep. Muscles relax and light sleep occurs.
5 minutes

Stage 2
Brain waves slow down.
15-30 minutes

Stage 3
Extremely slow brain waves appear.
30-40 minutes

Stage 4
Delta brain waves occur.
30-40 minutes

REM Sleep
Eyes move more rapidly beneath eyelids. You dream, which gives chance to process day's information and events.
10-25 minutes

Stages 3 & 4 are deep sleep and when the body repairs itself, releases growth hormones, fights infections, renews cells and body tissue. All of the stages occur and recur throughout the night.

Proper rest can add length to your life. In a large population study of health a few years ago, it was found that people who regularly slept seven to eight hours each night had lower death rates than those who averaged either less than seven hours or who slept longer.

– Ludington and Diehl

It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so He giveth his beloved sleep.

– Psalm 127:2

HEALTHY HABIT #83: Have a Regular Schedule For Sleeping And Waking

TIPS FOR GETTING A GOOD NIGHT'S SLEEP

- Go to bed and get up on a regular schedule.
- Avoid getting too stimulated by TV, reading, or conversation before bedtime.
- Eat your last meal at least four hours before bedtime.
- Alcohol and pills may induce sleep, but they also produce restlessness.
- Exercise regularly, but not right before bedtime.
- Design bedroom for sleep–quiet and dark.
- Ventilate your bedroom by opening the windows, unless you have allergies.
- Try to resolve emotional issues before going to bed.
- Select a mattress and pillow suited for your body.
- Spend five minutes recounting the blessings of the day and praising God for His grace.

What Science Says About Sleep

- *About 60% of Americans do not get enough sleep.*
- *The body renews itself during sleep.*
- *The immune system is reset during sleep.*
- *Sleep deprivation causes physical and emotional problems.*

When thou liest down, thou shalt not be afraid; yea, thou shalt lie down, and thy sleep shall be sweet.

– Proverbs 3:24

TRAVEL

Why not travel to the Wonders of the World?

7 Wonders of the Ancient World

- The Great Pyramids (Egypt)
- Hanging Gardens of Babylon (Iran)
- Temple of Artemis at Ephesus (Turkey)
- Statue of Zeus at Olympia (Greece)
- Colossus of Rhodes (Turkey)
- Mausoleum at Halicarnassus (Greece)
- Lighthouse of Alexandria (Egypt)

7 Wonders of the Natural World

- Great Barrier Reef (Australia)
- Mount Everest (Nepal)
- Grand Canyon (Arizona, USA)
- Harbor of Rio de Janeiro (Brazil)
- Paricutin Volcano (Mexico)
- Victoria Falls (Africa)
- Aurora Borealis (best seen in Antartica)

– Life Magazine

Bakers' Must-Travel Destination: Africa

It is a wholesome and necessary thing for us to turn again to the earth and in contemplation of her beauties to know the sense of wonder and humility.

– Rachel Carson

Jesus said: "Let's go find an isolated spot in the wilderness where we can be alone to talk and get some rest."

– Mark 6:31 (CW)

TYPES OF RETREATS

In our fast-paced, society, people need to retreat periodically from the stress.

One Day Retreat	- Focuses on rest and return to balance.
Lunch Hour Retreat	- Creates space for reflection within the work day.
Art Retreat	- Immersion in art to enhance appreciation of beauty.
Spiritual Renewal Retreat	- Emphasis on awareness of spirituality.
Day Spa Retreat	- Pampering for body and soul.
Creativity Retreat	- Emphasize creative abilities.
Grieving Retreat	- Letting go of past hurts, grief.
Silence Retreat	- Refrain from talking in order to hear.

– Jennifer Loudene

True silence is the rest of the mind.

–William Penn

Be still, and know that I am God.

– Psalm 46:10 (NIV)

OAKWOOD COLLEGE STRESS SURVEY

In a 2003 survey, Oakwood College students reported the following stress levels:

None	8.5 %
Low	21.2 %
Average	43.1 %
High	22.8 %
Out of Control	4.4 %

Stress has been linked to almost every medical problem–heart attacks, strokes, hypertension, ulcers, colitis, asthma, arthritis, and cancer. Yet too little stress can invite problems as well– fatigue, boredom, restlessness, low job performance. The challenge is to find a middle road between the two extremes.

– A. Ludington

The Lord will give strength unto His people; the Lord will bless His people with peace.

– Psalm 29:11

BIOLOGY OF ANXIETY

What happens to the body during anxiety?

Body Response	**Effect**
• Stress hormone, cortisol, is released	• Memory becomes disorganized and fragmented.
• Heart rate increases	• Blood pressure increases, lungs hyperventilate, sweating occurs, nerves tingle.
• All senses go on high alert. Adrenaline shoots to muscles	• Body prepares for fight, flight, or fright.
• Brain stops thinking about pleasurable things, the digestive system shuts down	• Involuntary vomiting, urination, or defecation may occur.

– TIME MAGAZINE, 2003

Worried? You've got company. Anxiety disorders afflict 19 million Americans, making it the most common mental illness in the United States.

– Time Magazine

Don't take on troubles ahead of time because tomorrow will have its own problems. Just faithfully do what you should be doing today and live one day at a time.

– Matthew 6:34 (CW)

SOME HEALTHY DIVERSIONS

HEALTHY HABIT #88: Enjoy Your Work, But Get Away Frequently

- Hobbies
- Service
- Nature
- Humor
- Pets
- Volunteering
- Sports
- The Arts
- Continuing Education
- Travel
- Challenging Projects
- Relationships

Di-ver-sion (n) something that diverts and amuses; a pastime.

God wants man to be happy, to enjoy life and to find satisfaction in his work.

– Ecclesiastes 3:13 (CW)

POWER OF HABIT

The first trick an elephant trainer teaches an elephant is not to escape. When the elephant is a baby, the trainer chains its leg to a huge log. The baby elephant tries to escape, but it cannot. Eventually the baby becomes used to its captivity and assumes it cannot escape. Even when the elephant is grown, all the trainer has to do is chain its leg to anything, even a twig, and the elephant won't even try to escape. It becomes a prisoner of its past.

Simple inactivity is not rest. A couch-potato weekend is not refreshing. Twenty-four hours of TV, three bags of Doritos, and four liters of Coke will not get you ready to attack the next week.

Some become fools through their rebellious ways and suffered affliction because of their iniquities.

– Psalm 107:17 (NIV)

HEARD A GOOD JOKE LATELY?

Our intern was not very swift.

One day he turned to a secretary. "I'm almost out of typing paper. What do I do?"

"Just use copy-machine paper," she said to him. With that, the intern took his last remaining piece of blank typing paper, put it in the photocopier and proceeded to make five blank copies.

Researchers found that 20 seconds of laughter delivers the same amount of oxygen to muscles as does three minutes of aerobic exercise. Author, Norman Cousins, experienced healing from a chronic disease by systematically incorporating laughter into his medical treatments.

– David Niven

A merry heart doeth good like a medicine: but a broken spirit drieth the bones.

– Proverbs 17:22

My Action Response:

CHAPTER TEN

TRUST IN DIVINE POWER

Stress, fear, guilt, and anxiety affect the chemistry and function of every body system. For many people, trust in God or spiritual faith decreases these negative emotions.

HEALTHY HABIT #91: Take A Spiritual Check-up

SPIRITUAL CHECKUP

How's your spiritual life?

When was the last time you . . .
(check the time frame that applies)

1) Shared ten minutes with a child and talked about a common interest?
2) Went to a regular church, synagogue or religious service?
3) Helped someone who is less fortunate (in your opinion) than you?
4) Took a walk in the park or woods with someone you love?
5) Prayed for someone?
6) Watched the sun come up (or go down) while at a lake, in the mountains, in the woods, at home or wherever you might be?
7) Went to a special church, synagogue or religious service (or served on church committees, programs or related service)?
8) Read the Bible or other inspirational or devotional materials?
9) Spent fifteen to thirty minutes or more meditating, praying, pondering or reflecting on your purpose in life?
10) Attended an art exhibition, a theater or dance performance or a concert featuring religious works? Listened to an uplifting radio program or recorded music?

	Yesterday/Today	Last Week	Last Month	Last Year	I Don't Remember
A) Score per check	6	4	2	1	0
B) # of checks in column					
C) Column score (AxB)					

TOTAL SCORE _____

ANALYSIS

After computing your **Total Score** (the sum of all column scores), use the general guidelines below for interpreting your results.

Score	Interpretation
40-60	You are probably enjoying all the benefits of a spiritually rich life.
30-39	You have a good emphasis on spiritual values in your life.
20-29	Spiritual concerns are a part of your life, but you may want to spend more time concentrating on them.
0-19	Your spiritual life is underdeveloped. Try to bring these values into the limelight, even if it takes some extra effort on your part.

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– Structured Exercises in Wellness Promotion

Too many say "Our Father" on Sabbath and spend the rest of the week acting like orphans.

– Anonymous

We all, like sheep, have gone astray,
each of us has turned to his own way; and the
Lord has laid on Him the
iniquity of us all.

– Isaiah 53:6 (NIV)

DESIGNED FOR PRAISE

As our muscles are programmed to exercise and our hearts designed to function efficiently on a low-fat diet, so our brains are wired to praise God. When we praise God, the electrical impulses of the brain stimulate the production of positive chemical endorphins. These endorphins are health and life-giving. Today let your heart be filled with the life-giving, health-producing, wellness-stimulating attitude of praise.

Nothing tends more to promote health of the body and soul than does a spirit of gratitude and praise.

– Ellen G. White

But as for me, I will always have hope;
I will praise You more and more.

– Psalm 71:14 (NIV)

RELIGION AND THE BRAIN

Harvard physician, Herbert Benson, focused research on the amygdala, a small almond-shaped structure in the brain. He hypothesized that religious experience is formulated in the amygdala. Dr. Benson says: "Our genetic blueprint has made believing in an Infinite Absolute part of our nature. We are wired for God.

Good health is not the pinnacle of existence. Health and finances are not enough. Neither are wealth, fame, good looks, or power. Many who are otherwise healthy carry within themselves a deep longing for something more. At the root of our being is the need for greater purpose and meaning in life.

– Aileen Ludington

You will keep in perfect peace him whose mind is steadfast, because he trusts in You.

– Isaiah 26:3 (NIV)

STRATEGIES FOR MEDITATION

Meditation is a way to calm your mind and body and sharpen your intuition.

1. Find a quiet place, away from interruptions. Sit comfortably, in loose clothing–cross-legged (if it feels comfortable) on a pillow or cushion, or upright with your back supported in a firm chair.

2. Close your eyes, relax your body, rest your hands on your thighs. Breathe deeply in a slow rhythm.

3. With each in-breath, imagine happiness as a coloured cloud filling every cell of your body; with each out-breath, imagine all stress, sadness or anxiety falling away. Feel the happiness flood like a sea inside you. Continue for as long as you like. If you are new to meditation, you could start with five minutes, and lengthen the time in subsequent sessions.

4. After your session, take occasional deep breaths during the day to reconnect with the relaxed contentment that filled your body as you meditated.

Like all things of value, cultivating the spiritual side of our nature takes an investment of time. Attention must be shifted from immediate concerns to deeper, more eternal issues. We need to take time for stillness, away from the commotion and noise of our everyday lives.

– Ludington and Diehl

Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today.

– Exodus 14:13 (NIV)

WHY PEOPLE WHO ARE DRUG ADDICTED NEED GOD

- Drug addictions start as a choice, but often lead to no choice.
- Drugs, like cocaine, actually change the chemistry of the brain making it virtually impossible to quit.
- Repeated drug use causes changes in brain structure and function.
- The user becomes physically dependent on the drug.
- The worst part is that altered DNA from the user may be passed on to the children, perpetuating the cycle of addiction.

_ Time Magazine

The evidence that spirituality heals is impressive. More than 300 studies have found that people of faith are healthier than nonbelievers and less likely to die prematurely from any cause. Having faith can also speed recovery from physical and mental illness, surgery, and addiction.

– Prevention Magazine

Fear of man will prove to be a snare,
but whoever trusts in the Lord is
kept safe.

– Proverbs 29:25 (NIV)

RATE YOUR RELATIONSHIP

In a recent survey, Oakwood College students were asked to rate their relationship with Jesus. The alternatives were:

A. Very satisfying
B. Somewhat satisfying
C. Unsatisfying
D. Does not exist

What would be your answer? Why?

When a train goes through a tunnel and it gets dark, you don't throw away the ticket and jump off. You sit still and trust the engineer.

– Corrie Ten Boom

The Lord will keep you from all harm–
He will watch over your life.

– Psalm 121:7 (NIV)

HEALTHY HABIT #97: Commit To Finding and Following God's Will

HOW TO KNOW GOD'S WILL

#1 Pre-decide to obey.
John 7:17

#2 Bathe the entire process in prayer. This will help you understand circumstances and opportunities.
James 1:5

#3 Determine to study God's Word for guidance.
Psalm 119:105

#4 Listen for the voice of the Holy Spirit.
Isaiah 30:21

#5 Acknowledge your personal desires. What do you want to do?
Psalm 37:4

#6 Consult spiritual, mature counselors. Look for general themes in their counsel.
Proverbs 11:14

#7 Seek God's peace–it will come if you are where you belong, doing what you should be doing.
Colossians 3:15

– COURTESY OF JAMES DOGGETTE

Trust in God will provide a buffer against stress and a hedge against anxiety. Trusting God involves complete confidence in our heavenly Father to act on our behalf in the way and at the time that is best for us, according to His will.

– Ludington and Diehl

Whoever gives heed to instruction prospers, and blessed is he who trusts in the Lord.

– Proverbs 16:20 (NIV)

SERVICE ORGANIZATIONS THAT NEED VOLUNTEERS

- Habitat for Humanity
- Pathfinder Clubs
- American Cancer Society
- NAPS of Oakwood College
- Shelters for abused women and children
- Hospitals, churches, nursing homes
- Big Brother/ Big Sister Organizations
- Homeless shelters/ Soup kitchens
- www.volunteermatch.org
- Adventist Relief and Development Agency (ADRA)

Service to others is a healthy habit—physically and emotionally. Do you have a way to be of service to others?

It is in offering ourselves to the suffering, broken, and excluded of our world that we ourselves become whole.

– Killian Noe

I lift up my eyes to the hills . . . my help comes from the Lord, the Maker of heaven and earth.

– Psalm 121:1, 2 (NIV)

MAKING SPIRITUALITY REAL IN YOUR LIFE

- Sincerely identify whether spirituality is present in your daily life to a meaningful degree.
- Surrender to God's will for your life and determine to follow it.
- Design daily spiritual practices in your life.
- Avoid what drains you spiritually.
- Make time for public worship and fellowship with believers.
- Periodically assess your spiritual life.

For centuries it was believed that body, mind, and spirit were separate entities that functioned independent of each other. Now we're discovering that things like anger, fear, resentment, and distrust can actually produce effects on the body that weaken its immune system and open the door to disease. Conversely, positive emotions like love, joy, faith, and trust produce protective substances that strengthen the immune system and protect the body from disease. Harboring bitterness and hatred, nurturing negative thoughts and feelings can make us sick; cherishing positive thoughts and feelings can make us well – literally.

– Ludington and Diehl

The very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.

– 1 Thessalonians 5:23

SPIRITUAL GROWTH

Spiritual growth takes planning. Write down some goals and plans that relate to your spiritual life.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

15. _____

16. _____

17. _____

18. _____

19. _____

20. _____

PERSONAL PRESCRIPTION

The goal of this last page is to reinforce your plans for positive health habit change. Completing the Personal Prescription will provide a reminder for self-care commitments.

My Challenge to Myself

I, _____,
would like to _____
(goal to be accomplished)

and I will attempt to accomplish this in my life by doing the following: _____
(actions)
_____, _____,
and _____
which will be done by _____.
(frequency and date to be accomplished)

Signed: _____

– Structured Exercises in Wellness Promotion

Goals are dreams with deadlines.

– Anonymous

I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable, unto God, which is your reasonable service.

– Romans 12:1

Quotables

Dear God,

You have been around since time began.
Help me to know that my life is important to you,
That my health and well-being are important to you.
Just as Jesus restored sight to the blind,
Give me eyes to see Your will in my life.
Heal me of my illnesses, my selfishness, my injuries.
Give me Your peace.

Amen

APPENDIX ONE

ON ACCEPTING COUNSEL START WITH GOD

Start with God–the first step in learning is bowing down to God; only fools thumb their noses at such wisdom and learning.

FOLLOW WISDOM

Lady Wisdom goes out in the street and shouts.
At the town center she makes her speech.
In the middle of the traffic she takes her stand.
At the busiest corner she calls out:

"Simpletons! How long will you wallow in ignorance?
Cynics! How long will you feed your cynicism?

Idiots! How long will you refuse to learn?
About face! I can revise your life.
Look, I'm ready to pour out my spirit on you;
I'm ready to tell you all I know.
As it is, I've called, but you've turned a deaf ear;
I've reached out to you, but you've ignored me.

"Since you laugh at my counsel
and make a joke of my advice,
How can I take you seriously?
I'll turn the tables and joke about your troubles!
What if the roof falls in,
and your whole life goes to pieces?
What if catastrophe strikes and there's nothing
to show for your life but rubble and ashes?
You'll need me then. You'll call for me but don't expect an
answer.
No matter how hard you look, you won't find me.

"Because you hated Knowledge
and had nothing to do with the Fear-of-God,
Because you wouldn't take my advice

and brushed aside all my offers to train you,
Well, you've made your bed–now lie in it;
you wanted your own way–now, how do you like it?
Don't you see what happens, you simpletons, you idiots?
Carelessness kills; complacency is murder.
First pay attention to me, and then relax.
Now you can take it easy–you're in good hands."

– Proverbs 1:7, 20-33 (TMB)

APPENDIX TWO

THE BEST HEALTH HABITS ARE FREE

(*Ministry of Healing*, Ellen G. White, pages, 127-129)

Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power--these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.

The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature's process of healing and upbuilding is gradual, and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice.

But in the end it will be found that nature, untrammeled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind.

Too little attention is generally given to the preservation of health. *It is far better to prevent disease than to know how to treat it when contracted. It is the duty of every person, for his own sake, and for the sake of humanity, to inform himself in regard to the laws of life and conscientiously to obey them. All need to become acquainted with that most wonderful of all organisms, the human body. They should understand the functions of the various organs and the dependence of one upon another for the healthy action of all. They should study the influence of the mind upon the body, and of the body upon the mind, and the laws by which they are governed.*

We cannot be too often reminded that health does not depend on chance. It is a result of obedience to law. This is recognized by the contestants in athletic games and trials of strength. These men make the most careful preparation. They submit to thorough training and strict discipline. Every physical habit is carefully regulated. They know that neglect, excess, or carelessness, which weakens or cripples any organ or function of the body, would ensure defeat.

How much more important is such carefulness to ensure success in the conflict of life. It is not mimic battles in which we are engaged. We are waging a warfare upon which hang eternal results. We have unseen enemies to meet. Evil angels are striving for the dominion of every human being. Whatever injures the health, not only lessens physical vigor, but tends to weaken the mental and moral powers. Indulgence in any unhealthful practice makes it more difficult for one to discriminate between right and wrong, and hence more difficult to resist evil. It increases the danger of failure and defeat.

"They which run in a race run all, but one receiveth the prize." 1 Corinthians 9:24. In the warfare in which we are engaged, all may win who will discipline themselves by obedience to right principles. The practice of these principles in the details of life is too often looked upon as unimportant–a matter too trivial to demand attention. But in view of the issues at stake, nothing with which we have to do is small. Every act casts its weight into the scale that determines life's victory or defeat. The scriptures bids us, "So run, that ye may obtain." Verse 24.

APPENDIX THREE

HOW TO BUILD CHARACTER

(*Prophets and Kings*, Ellen G. White, pages 487-488)

God brought Daniel [see Daniel 1-3] and his associates into connection with the great men of Babylon, that in the midst of a nation of idolaters they might represent His character. How did they become fitted for a position of so great trust and honor? *It was faithfulness in little things that gave complexion to their whole life.* They honored God in the smallest duties, as well as in the larger responsibilities.

As God called Daniel to witness for Him in Babylon, so He calls us to be His witnesses in the world today. *In the smallest as well as the largest affairs of life, He desires us to reveal to men the principles of His kingdom.* Many are waiting for some great work to be brought to them, while daily they lose opportunities for revealing faithfulness to God. Daily they fail of discharging with wholeheartedness the little duties of life. While

they wait for some large work in which they may exercise supposedly great talents, and thus satisfy their ambitious longings, their days pass away.

In the life of the true Christian there are no nonessentials; in the sight of Omnipotence every duty is important. The Lord measures with exactness every possibility for service. The unused capabilities are just as much brought into account as those that are used. *We shall be judged by what we ought to have done, but did not accomplish because we did not use our powers to glorify God.*

A noble character is not the result of accident; it is not due to special favors or endowments of Providence. It is the result of self-discipline, of subjection of the lower to the higher nature, of the surrender of self to the service of God and man.

Through the fidelity to the principles of temperance shown by the Hebrew youth God is speaking to the youth of today. There is need of men who like Daniel will do and dare for the cause of right. Pure hearts, strong hands, fearless courage, are needed; for the warfare between vice and virtue calls for ceaseless vigilance. To every soul Satan comes with temptation in many alluring forms on the point of indulgence of appetite.

The body is a most important medium through which the mind and the soul are developed for the upbuilding of

character. Hence it is that the adversary of souls directs his temptations to the enfeebling and degrading of the physical powers. His success here often means the surrender of the whole being to evil. The tendencies of the physical nature, unless under the dominion of a higher power, will surely work ruin and death.

The body is to be brought into subjection to the higher powers of the being. The passions are to be controlled by the will, which is itself to be under the control of God. The kingly power of reason, sanctified by divine grace, is to bear sway in the life. Intellectual power, physical stamina, and the length of life depend upon immutable laws. Through obedience to these laws, man may stand conqueror of himself, conqueror of his own inclinations, conqueror of principalities and powers, of "the rulers of the darkness of this world," and of "spiritual wickedness in high places." Ephesians 6:12.

APPENDIX FOUR

HEALTH HABITS SURVEY

This activity allows the reader to informally rank their level of healthy habit status in the areas of NE²W S²TART behaviors. It allows for the participant to affirm the positive habits and to identify those needing changes.

1. Exercise should take approximately 30–40 minutes.
2. Beginning with the section labeled Nutrition, the participants should reflect on their level of healthy habit activity.
3. First assess your Healthy Habit status and circle your evaluation on the line somewhere between Poor = 0 and Outstanding = 7.
4. As you consider where to place yourself, write on the line beneath the word "Poor" the habits, activities, and attitudes which would influence you to judge your healthy habits as unhealthy and under the word "Outstanding" the behaviors and attitudes that contribute to healthy habits. Feel free to use extra paper to evaluate yourself.

5. Go through each of the ten (10) healthy habit categories and honestly assess yourself.
6. When you have finished the exercise, write a summary of your health status as if it were to be included in a medical chart.
7. Brief list of health problems.
8. List of specific changes that would enhance your well-being.
9. List of personal resources and accomplishments.
10.Consider finding a trusted family member or friend to discuss your findings with. Use this encounter as an opportunity for growth.
11.As an alternative to the health summary, you could write or reflect on the following questions (or go straight and share your findings with a confidant):
12. I am most proud of . . .
13. I am most worried about . . .
14. I don't care about . . .
15. I'd better do something about . . .
16. There's no point in . . .
17. I'm most surprised . . .
18. Periodically do this activity from time to time. Determine to make progress!

– Adapted from *Structure Exercises in Wellness Promotion, Volume 2*

HEALTH HABIT SURVEY (NE²W S²TART)

Unhealthy Habits List **Healthy Habits List**

NUTRITION

Poor 1 2 3 4 5 6 Outstanding

EXERCISE

Poor 1 2 3 4 5 6 Outstanding

EMOTIONAL INTELLIGENCE

Poor 1 2 3 4 5 6 Outstanding

WATER

Poor 1 2 3 4 5 6 Outstanding

SUNLIGHT

Poor 1 2 3 4 5 6 Outstanding

SKILLS FOR LIFE

Poor 1 2 3 4 5 6 Outstanding

TEMPERANCE (SELF–CONTROL)

Poor 1 2 3 4 5 6 Outstanding

AIR

Poor 1 2 3 4 5 6 Outstanding

REST

Poor 1 2 3 4 5 6 Outstanding

TRUST IN DIVINE POWER

Poor 1 2 3 4 5 6 Outstanding

APPENDIX FIVE

SUPER WELL RANKING

While this exercise is best done in conjunction with one or more persons it can be profitably done alone as well. The purpose is to help identify and clarify one's concepts on the subject of health and wellness. Individually or in a group the participant is to rank the listed items in order of importance. This is a values ranking, not a preference scale. Each statement must be given a different number so that the qualities can be put in order from the most important (#1) to the least important (#10), with the others (2, 3, 4, 5, 6, 7, 8, and 9) in between.

Rank the ten items in order of importance as you judge them . . . from *most* important (#1) to least important (#10)

To be *super well* one needs to be . . .

___ Deeply committed to a cause outside oneself.

___ Physically able to do whatever one wants with intensity and great energy–seldom sick.

___ A caring and loving person on whom others lean in a crisis.

___ In tune with the spiritual–having a clear sense of purpose and direction.

___ Intellectually sharp; able to handle information; possessing an ever-curious mind and a good sense of humor.

___ Well-organized and able to accomplish great quantities of work.

___ Able to live in and enjoy the present, rather than focusing on the past or looking toward the future.

___ Comfortable with experiencing the full range of human emotions.

___ Accepting of one's limitations, handicaps and mistakes.

___ Able and willing to take charge of one's life, to practice positive self-care and to be assertive when necessary.

If taken with more than one person, consensus should be the goal; if alone, clarity is the objective.

– Structured Exercises in Wellness Promotion, Volume 1

APPENDIX SIX

PERSONAL FITNESS CHECKLIST

The statements below describe how you might be feeling about your body and your activity level. *Check* the statements that seem true for you. Of course, there are no right or wrong answers.

___ 1) It is not unusual for me to feel tired during the work day.
___ 2) I have a hard time sleeping at night.
___ 3) It is not unusual for me to have a backache.
___ 4) I tire much more easily now than when I was younger.
___ 5) I weigh more now than when I was in my prime.
___ 6) I am as active as most people my age.

___ 7) I get plenty of exercise on the weekends.
___ 8) I keep in shape by playing different sports.
___ 9) I don't exercise regularly, but I feel good.
___ 10) I walk very rarely.
___ 11) I take the elevator (escalator) rather than the stairs.
___ 12) I am too busy to exercise on a regular basis.

After finishing this checklist, how do you feel about your activity pattern?

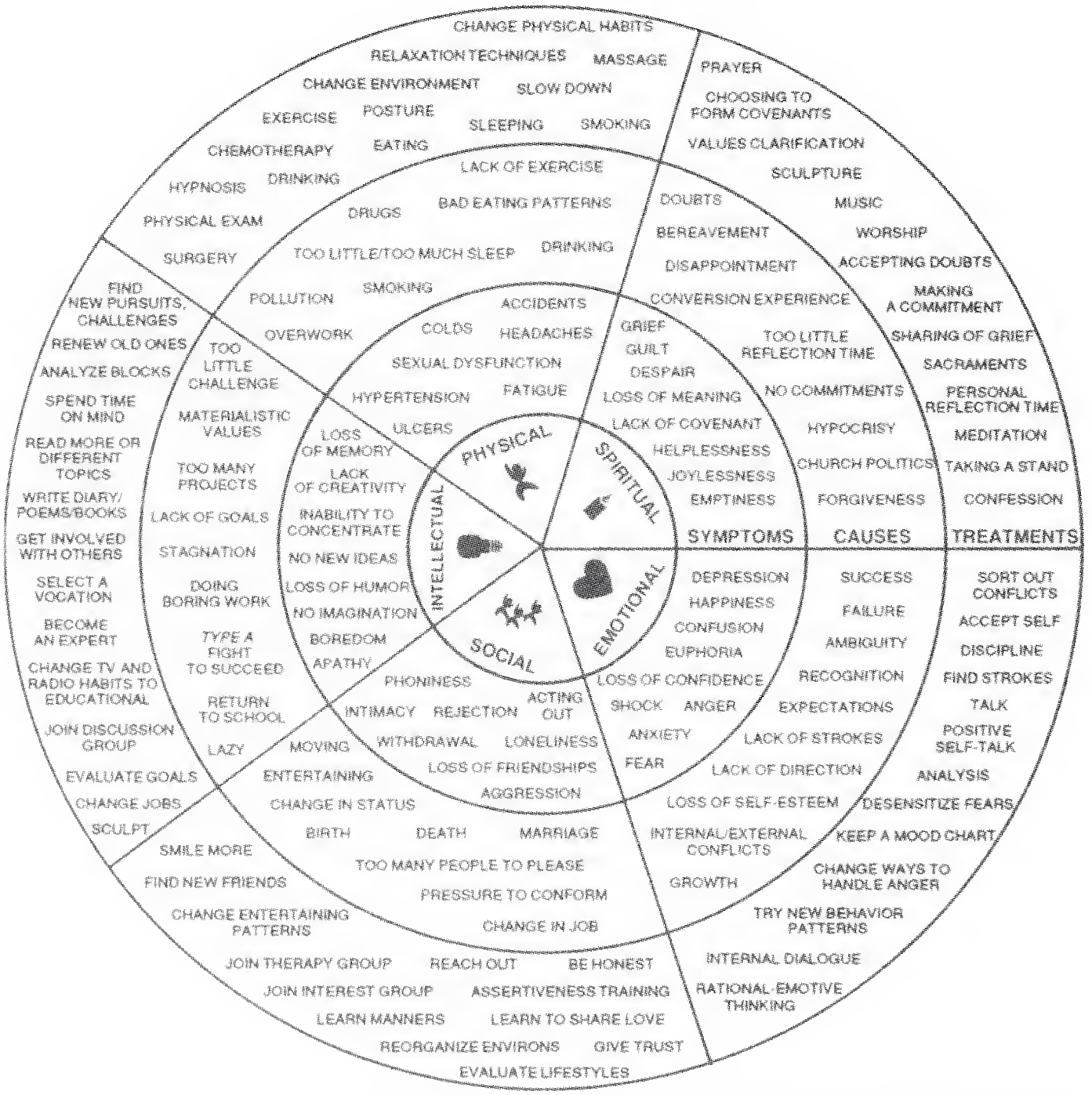
Are there any changes you need/would like to make?

– Structure Exercises in Wellness Promotion, Volume 2

APPENDIX SEVEN
ACTIVITY ATTITUDE ANALYSIS

ACTIVITY	I Do It	I Want To Do It	I'll Never Do It	Undecided
Aerobic Dance				
Bicycling				
Brisk Walking				
Calisthenics				
Canoeing				
Dancing				
Downhill Skiing				
Handball				
Hiking				
Ice Skating				
Jogging				
Jumping Rope				
Racquetball				
Roller Skating				
Rowing				
Sex				
Squash				
Swimming				
Tennis				
Weight Lifting				

WHEEL OF HEALTH



— STRESS SKILLS PARTICIPANT WORKBOOK

APPENDIX NINE

WHAT I REALLY NEED IN MY LIFE RIGHT NOW IS MORE . . .

A) *Check* the words below which fit into this sentence for you. Add any other important needs in your life.

vitality
security
activity
health
strength
energy
fitness
relaxation
comfort
nutrition
touching
sex
sleep
coordination
flexibility
exercise
self-control

self-esteem
recognition
confidence
motivation
knowledge/skill
opportunities
challenges
variety
structure
accomplishments
control
imagination
money
responsibility
education/training
experience
freedom

tenderness
generosity
caring
sharing
music
laughter
support
self-expression
companionship
harmony
romance
intimacy
patience
beauty
sensitivity
receptivity
self-awareness

composure
centering
awareness
solitude
devotion
contemplation
serenity
trust
insight
joy
commitment
communion
integration
forgiveness
surrender
faith
purpose

19. Study the qualities which you have checked.
Underline the ones which you can develop by yourself.
Circle the ones with which you will need some outside help.
Mark below where you can receive the help you need.

family
friends
partner/mate
teacher/counselor
doctor/nurse
employer/employee/co-workers

community center/church
health facility/mental health center
support group/club
organization/institution
school/university

C) Reflections

– Structured Exercises in Wellness Promotion, Volume 1

APPENDIX TEN

FIT AS A FIDDLE

They brush and they floss with care every day,
But not before breakfast of both curds and whey.

He jogs for his heart, she bikes for her nerves;
They assert themselves daily with appropriate verve.

He is loving and tender and caring and kind,
Not one chauvinist thought is allowed in his mind.

They are slim and attractive, well-dressed and just fun.
They are strong and well-immunized against everything under the sun.

They are sparkling and lively and having a ball.
Their diet's high fiber and low cholesterol.

Cocktails are avoided in favor of juice;
Cigarettes are shunned as one would the noose.

They drive their car safely with belts well in place;
At home not one hazard ever will they face.

1.2 children they raise, both sharing the job.
One is named Betty, point two is named Bob.

And when, at the age of two hundred and three,
they jog from this life to one still MORE free,

They'll pass through those portals to claim their reward
and St. Peter will stop them, "JUST FOR A WORD."

"What HO!" he will say, "You cannot go in.
This place is reserved for those without sin."

"But we've followed the rules," she'll say with a fright,
"We're healthy—near perfect—and incredibly bright."

"But that's it," will say Peter, drawing himself tall,

"You've missed the point of living by thinking so small.

"Life is more than health habits, though useful they be;
It is purpose and meaning, the grand mystery.

"You've discovered a part of what makes humans whole,
and mistaken that part for the shape of the soul.

"You are fitter than fiddles and sound as a bell,
Self-righteous, intolerant and boring as hell!"

– William H. Carlyon

APPENDIX ELEVEN

IT WAS JUST NATURAL

On the morning of his 42nd birthday, Grabwell Grommet awoke to a peal of particularly ominous thunder. Glancing out the window with bleary eyes, he saw written in fiery letters across the sky: **Someone is trying to kill you, Grabwell Grommet!**

With shaking hands Grommet lit his first cigarette of the day. He didn't question the message. You don't question a message like that. His only question was, **Who?**

At breakfast, as he salted his fried eggs, he told his wife, Gratia, "Someone is trying to kill me."

"Who?" she asked in horror.

"Grommet slowly stirred the cream and sugar into his coffee and shook his head. "I don't know," he said.

Convinced though he was, Grommet couldn't go to the police with such a story. He decided that his only course was

to go about his daily routine and hope to somehow outwit his would-be murderer.

He tried to think on his drive to the office. But the frustration of making time by beating lights and switching lanes occupied him wholly. Nor, once behind his desk, could he find a moment—what with jangling phones, urgent memos, and the problems and decisions piling up as they did every day.

It wasn't until his second martini at lunch that the full terror of his position struck him. It was all he could do to finish his Lasagne Milanese.

"I can't panic," he said to himself, lighting his cigar. "I simply must live my life as usual."

So he worked till seven as usual. Drove home fast as usual. Ate a hearty dinner as usual. Had his two cocktails as usual. Studied business reports as usual. He took his usual two seconal tablets in order to get his usual six hours sleep.

As the days passed he manfully stuck to his routine. And as the months went by, he began to take a perverse pleasure in his ability to survive. "Whoever's trying to get me," he'd say proudly to his wife, "hasn't got me yet. I'm too smart for him."

"Oh, please be careful," she'd reply, ladling him a second helping of beef stroganoff.

The pride grew as he managed to go on living for years.

But, as it must to all men, death came at last to Grabwell Grommet. It came at his desk on a particularly busy day. He was 53.

His grief-stricken widow demanded a full autopsy.

But it showed only emphysema, arteriosclerosis, duodenal ulcers, cirrhosis of the liver, cardiac necrosis, a cerebravascular aneurism, pulmonary edema, obesity, circulatory insufficiency and a touch of cancer.

"How glad Grabwell would have been to know," said the widow, smiling proudly through her tears, "that he died of natural causes."

– Distributed by the Minnesota Council on Health

APPENDIX TWELVE

THE PATHOLOGY OF NORMALCY

In our culture it is normal to eat when we're not hungry, to be overweight, to be overfat, to always take the elevator, and to drive around in the parking lot for five minutes to avoid a one minute walk. In fact, in our culture most people don't ever move faster than a walk unless it is absolutely necessary. Many normals prefer to watch others being physically active, while they sit and consume large quantities of saturated fat, salt, sugar, and mood–altering chemicals.

To be normal in our culture is to eat and drink a broad variety of chemicals, some of which cause disease in laboratory animals. Many normals do not enjoy food that doesn't taste like salt, and will often salt a whole meal before eating. It is also common for normals to reward their children's positive behaviors with massive doses of concentrated sugars.

Many normals are addicted to a brown, bitter tasting water

that makes them feel anxious. To obscure the bitterness of this beverage, many will add saturated fat and sugar. Some normals inhale the smoke and tar of burning leaves, fully conscious of the fact that this behavior will shorten their lives, and the lives of those around them, by many years.

For two or three hours a day, normals will stare blankly at a small screen showing images of violence, artificial humor and unhealthy lifestyle behaviors. It is common that human interaction in many normal homes is confined to 60 second intervals between 15 minute periods of staring blankly at the small screen. On this same screen, before going to bed, normals will absorb a half hour of all the bad news that happened in their community and the world, and then read it all again the next morning in the newspaper to start the day.

Normals never really relax because they don't know how. It is considered normal in our culture to be occupied or preoccupied for all of your waking hours. Those who slow down are considered daydreamers and are invited to feel non-productive. This pace of living guarantees a high degree of stress for the normal person. Because of unmanaged stress, it is common for many normals to dramatically alter their mood with chemicals, and then drive two tons of metal at high speed, believing they are competent.

Because of this stress in their lives, it is difficult for normals to be playful. To avoid this stress, many normal individuals have adapted to a high degree of routine in their lives and do not willingly invite new challenges. In fact, many normals do not expect to experience joy or contentment on any regular basis, and go through life just getting by.

It is common for normals to have many acquaintances but few intimate friends. They are products of the "go it alone, be tough, don't show your pain" pioneer spirit of their forebears which invites them to not be real in their relationships and to feel cut off from others.

Normals do not expect their work life to be a lot of fun or extremely challenging after the first few years. For most, work is what they do for money and "The Benefits." Normals believe someone else will fix things that go wrong. For example, if they get sick or injured as a result of their lifestyle choices, medical science will repair them and their employer will be responsible for the costs. They also feel that if they vote once a year, the world will be okay.

Normals do not know much of Health and Well-being or how to create those conditions. So when they do try to change their living habits, they start out enthusiastically—but most often fail. After a few attempts, most normals quit trying and

resign themselves to the way they are.

All normals surround themselves with other normals who have similar values and behaviors. These people offer support to the normal person and help them to resist any significant change in their living habits. As a result of this support, normal people continue to be and feel normal.

Because of the foregoing, normals in our culture miss out on much of the vitality, personal growth, joy and contentment they are capable of experiencing, and they die two to ten years before they have to. **All of this is normal in our culture.**

"PROVOCATIVE QUESTIONS THAT IMPACT YOUR EI"

What's your most positive self-care trait?
What's your most pressing health-care concern?
What was the favorite remedy for sickness in your family?
What disease are you most afraid of getting?
What self-care habit would you most like to improve?
What's your most favorite and least favorite exercise?
What sports did you play as a child?
What's the most important part of your body to you?
What's one of your disabilities?
What are two of your most important values?
What brings you great joy?
When is the last time you cried?
What drugs do you keep in your desk/purse?
What food do you have a real weakness for?
What is the thing you most want in a friendship?

What is the most healthy relationship you have?
How much sleep is best for you?
When are you most likely to feel depressed?
What is the most important thing you own?
What is your normal resting pulse?
What's your favorite way to relax?
What's one thing you're truly committed to?
What's the last book you read that had an impact on you?
Who is one of your heroes/heroines?
What's the most important part of wellness?
How do you sabotage your self-care plans?
What do you do when you're bored?
How do you usually express your anger?
What's the most unhealthy aspect of your environment?
What's the healthiest aspect of your work situation?
When did you first have an alcoholic drink?
When did you have your first cigarette?

– Structured Exercises in Wellness Promotion, Volume 1

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